

THE DARING WAY™

SHOW UP | BE SEEN | LIVE BRAVE™



based on the research of Brené Brown



What is The Daring Way™?

The Daring Way™ is a highly experiential methodology that was developed to help men, women, and adolescents learn how to show up, be seen, and live braver lives.

During this 3 day intensive we will explore topics such as vulnerability, courage, shame, and worthiness. We will examine thoughts, emotions, and behaviors that are holding us back and we will identify new choices and practices that will move us toward more authentic and wholehearted living. The primary focus is on developing shame resilience skills and developing daily practices that transform the way we live, love, parent and lead.

3 Day Group Intensive

Led by:

Jenni Odell, MA, MFT Intern (IMF72680) CDWF-Candidate
and

Dr. DaLene Forester Thacker, LMFT, LPC (MFC33095/LPC629), CDWF-Candidate

March 27-29, 2015

Friday 27th 5pm-9pm; Saturday 28th 9am-5pm; Sunday 29th 9am-1pm

at

Park Marina Center For Wellbeing
353 Park Marina Circle
Redding, CA 96001

Early registration February 27 - \$500

Registration - \$575

Includes: light meal Friday, breakfast and lunch Saturday, and brunch Sunday.
Each participant will receive a workbook and keepsake booklet.

Space will be limited to the first 10 participants.

To make your reservation or for more information please contact:

Jenni Odell: (530)355-0115

Office: (530)245-9221

Fax: (530)245-9222

Email: jenniodel@sbcbglobal.net