

THE DARING WAY™

SHOW UP | BE SEEN | LIVE BRAVE™



based on the research of Brené Brown

**"VULNERABILITY IS THE
BIRTHPLACE OF LOVE,
BELONGING, JOY,
COURAGE, EMPATHY,
ACCOUNTABILITY,
AND AUTHENTICITY."**

DARING GREATLY™ GROUP FOR WOMEN

led by

Christina Couch, PsyD

1/6/2020 - 2/24/2020

at

the Psychology Center of Russellville

2621 W Main Street Suite 6

Russellville, AR 72801

price

**NOW REGISTERING FOR JANUARY 2020
\$375 before December 23, 2019 or \$400 after December 23,
2019. A \$100 non-refundable deposit is required to reserve
your spot.**

Do you want more joy, gratitude, courage, worthiness, authenticity, self-compassion and connection in your life?

THEN THE DARING GREATLY™ GROUP MAY BE FOR YOU!

During group you will:

- Identify thoughts, feelings, and behaviors that keep you stuck
- Identify the values that guide you and that you want to live by
- Learn to lean into and allow yourself to be vulnerable
- Learn about trust
- Practice and embrace empathy
- Develop self-compassion
- Identify and move through shame so that you can own your story
- Acknowledge and affirm your worthiness
- Find the courage to be authentic and to speak your truth
- Be able to SHOW UP, BE SEEN and LIVE BRAVE™



for more information:

479-219-5041 | | <https://www.psychologycenterrussellville.com/>