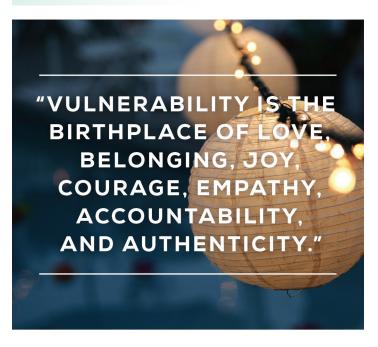
THE DARING WAY



SHOW UP | BE SEEN | LIVE BRAVE™ 👸 based on the research of Brené Brown



DARING GREATLY™ GROUP FOR WOMEN

led by Christina Couch, PsyD

1/6/2020 - 2/24/2020

the Psychology Center of Russellville

2621 W Main Street Suite 6

Russellville. AR 72801

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/