

Rising Strong Women's 8 Week Group

AUTHOR OF THE #1 NEW YORK TIMES
BESTSELLER *DARING GREATLY*

RISING STRONG

THE RECKONING. THE RUMBLE.
THE REVOLUTION.

*If we are brave enough, often enough, we will fail.
This is a book about what it takes to get back up.*

**BRENÉ BROWN, Ph.D.,
LMSW**

TM

The Rising Strong Process

The goal of the process is to rise from our falls, overcome our mistakes, and face hurt in a way that brings more wisdom and wholeheartedness into our lives.

The Reckoning: Walking into our Story

Recognize emotion, and get curious about our feelings and how they connect with the way we think and behave.

The Rumble: Owning our Story

Get honest about the stories we're making up about our struggle, then challenge these confabulations and assumptions to determine what's truth, what's self-protection, and what needs to change if we want to lead more wholehearted lives.

The Revolution:

Write a new ending to our story based on the key learnings from our rumble and use this new, braver story to change how we engage with the world and to ultimately transform the way we live, love, parent, and lead. TM Brene Brown

The most DANGEROUS STORIES WE MAKE UP ARE THE
narratives that diminish our INHERENT WORTHINESS.

WE MUST RECLAIM THE TRUTH ABOUT OUR LOVABILITY, DIVINITY
and creativity. (Brene Brown)

Are You Ready to:

*Get Curious about the Stories you make up that are Wreaking Havoc on
your Worthiness, Self-Esteem, Relationships, and Life?

*When we deny our stories, they define us. When we run from struggle, we
are never free. Are you ready to turn toward truth and look it in the eye?

(Brene Brown)

Dates: May 17th – July 5th, 2016

Times: Every Tuesday – 6:30-8:30 pm

Location: 411 Oak Street (Downstairs), Roseville, CA

Cost: \$60.00 per Group (\$60 Deposit Required to Reserve

Your Experience) For More Information-Please check out my
website, email or call. I look forward to speaking with you about this
exciting Journey!

Led by: Judy Kelly, LCSW, CSAT, CDW-Facilitator