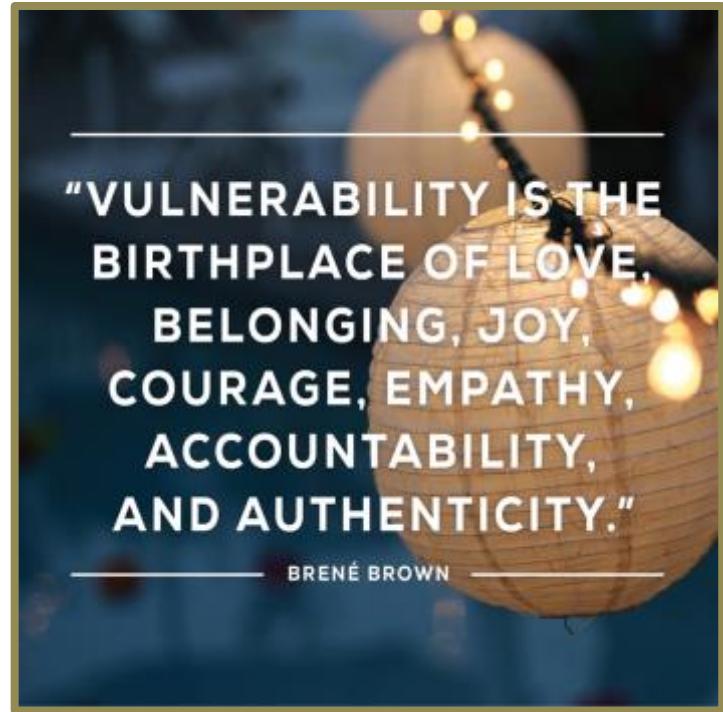




## EXPERIENTIAL WEEKEND WORKSHOP

*Based on the research of Dr. Brené Brown*



**July 21<sup>st</sup> – 23<sup>rd</sup>, 2017**

Fri & Sat ~ 9:00a - 5:00p

Sun ~ 9:00a - 1:00p

*Facilitated by Certified Daring Way™ Facilitators:*

**Abi Williams, PhD, LCSW, CGP**

**Laura Swann, MEd, LCDC, EMDR**

**\$550** includes materials and light snacks.

**Group size is limited, so early registration suggested.**

Brief phone screening required prior to workshop.

LPC & SW CEUs are available.

Are you tired of carrying the weight of perfection, struggling to feel good enough, and feeling like you have to earn love and worthiness? Have you ever said to yourself, “**I’m not** \_\_\_\_\_ (successful, smart, talented, attractive, etc.) **enough**?” Would you like to put an end to self-doubt and second-guessing and start living a fuller and braver life?

The primary focus of this personal growth workshop is on developing shame resilience skills and embracing the courage that will transform the way we live, love, parent and lead. We will explore topics such as vulnerability, courage, shame and worthiness. In the safety of the small group, we dig deep into thoughts, emotions and behaviors that hold us back from living fuller lives.

We will identify new choices and practices that will help move us to greater authenticity and whole-hearted living.

**To register or for more information, please visit**  
**[www.theworkshoptoolbox.com](http://www.theworkshoptoolbox.com)**

*Hosted by:*



INNOVATION360

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Abi Williams - 512-948-6118 ~ [AbiWilliams64@gmail.com](mailto:AbiWilliams64@gmail.com)

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