

# THE DARING WAY™

SHOW UP | BE SEEN | LIVE BRAVE™



*based on the research of Brené Brown*

**Saturday April 21<sup>st</sup> (9:00am – 5:00pm)**

**Virginia Theological Seminary, 3737 Seminary Road Alexandria, VA**

**\$30 includes materials, lunch and snacks (\$15 for Seminarians)**

**Please register using <http://bit.ly/DaringVTS>**

**Join us as we come together to grow spiritually and personally  
by committing to showing up, being seen, and living brave.**

The Daring Way™ curriculum, a highly experiential methodology based on the research of Dr. Brené Brown. We will explore topics such as vulnerability, courage, shame, and worthiness. We examine the thoughts, emotions, and behaviors that are holding us back and we identify the new choices and practices that will move us toward more authentic and wholehearted ways of living, loving, parenting, and leading. Further information is available at [www.thedaringway.com](http://www.thedaringway.com).



Anna Broadbent, LPC is a seminarian at Virginia Theological Seminary and a licensed professional counselor who is a Certified Daring Way™ Facilitator-Candidate. Before seminary Anna worked as youth and family therapist in the District of Columbia, specializing in trauma, high-risk behaviors and sexual inappropriate behaviors.

David Hoover LCSW, is a Certified Daring Way™ Facilitator-Candidate, a therapist and a spiritual director. He has been a trained EMDR practitioner for the past three years, specializing in trauma, addiction, anxiety and depression. He is the founder of GaySpirits, a spiritual retreat for gay men. David also runs a medical clinic in the Inova Health System.

The Rev. Beth Magill is a Certified Daring Way™ Facilitator, and has thoroughly enjoyed sharing this work with communities throughout the Diocese of Texas, where she served for eight years. Beth is now the rector of St. Michael's Episcopal Church in Arlington, Virginia.

The Rev. Stacy Williams-Duncan is a Certified Daring Way™ Facilitator who has found this work to be transforming both personally and professionally. In her 18 years as a priest, she has served at three parishes and two Episcopal schools on both coasts and is currently a visiting professor at Virginia Theological Seminary.