



## The Daring Way™

Show Up. Be Seen. Live Brave.™

**PROGRAM** The Daring Way™ is a one-day workshop based on the work of Dr. Brené Brown. Participants can take this opportunity to learn how to show up, be seen and live brave in the challenging arenas of life. In this workshop we will learn about how to understand shame and move through shame towards wholeheartedness. Through experiential learning, we will explore key components of Dr. Brené Brown's research regarding shame, vulnerability and wholehearted living. To learn more, go to: [www.dmpcc.org/thedaringway](http://www.dmpcc.org/thedaringway)

**AUDIENCE** Community members, therapists, counselors, coaches, spiritual directors, clergy, teachers, parents, couples, adults, professionals, retirees, anyone who is curious to learn more.

**DATE / TIME** Thursday, April 5, 2018 from 9:00AM – 5:30PM

**COST** Early bird: \$85. After March 16: \$100. Tuition and snacks included. Lunch on your own.

**LOCATION** First Christian Church, 2500 University Ave, Des Moines, IA 50311

**REGISTRATION** [www.dmpcc.org/thedaringway](http://www.dmpcc.org/thedaringway)

**CEUs** Clergy and Therapy

### FACILITATORS



**Dianne Morris Jones, LMHC, CDWF-C.** Dianne is a Licensed Mental Health Counselor (LMHC) and a Certified Daring Way™ Facilitator-Consultant (CDWF-C) practicing at Family Legacy Counseling in Des Moines, Iowa. Dianne is the author of *Stop Breathe Believe*, *Mindful Living One Thought at a Time* and *I'm Fine, A Real Feelings Journal*. [www.diannemorrisjones.com](http://www.diannemorrisjones.com)



**Nancy Schornack, LMHC, CDWF-C.** Nancy received her Master's degree from Colorado Christian University, and is a Licensed Mental Health Counselor (LMHC) in the State of Iowa with over 30 years of counseling experience. Nancy owns her own private practice, Second Journey Counseling in Johnston, IA. [www.secondjourneycounseling.com](http://www.secondjourneycounseling.com)