

THE DARING WAY™

SHOW UP | BE SEEN | LIVE BRAVE™



based on the research of Brené Brown

**"IN ORDER FOR CONNECTION TO HAPPEN,
WE HAVE TO ALLOW OURSELVES TO
BE SEEN. REALLY, TRULY DEEPLY SEEN."**

BRENÉ BROWN

Daring Greatly™ two-day Workshop

curriculum created by Brené Brown

led by:

Mindy Bilotta, RP, CDWF (candidate)

Saturdays January 19 & 26, 2019

8:30 a.m. – 4:30 p.m.

refreshments, lunch & materials included

Location ~ THE DUKE ~ 21 Duke Street St. Catharines

The Duke Building is newly converted stylish space in the heart of St. Catharines' revitalized downtown core, just a block away from Montebello Park

Register
online before
Jan. 10, 2019

Cost: **\$250**
mindybilotta.ca

Daring Greatly™ is a creative group experience based on the research of Dr. Brené Brown. Through hands-on activities, video & discussion we will identify new choices & practices that will help us connect with others (and yourself!) in a more authentic way. We will develop shame resilience skills & daily practices that transform the way we live, love, parent, & lead.

To Register: <https://mindybilotta.ca/the-daring-greatly-two-day-workshop-sign-up/>

Questions? Here are some options for reaching out to me:

website: mindybilotta.ca

email me: melindabilotta@gmail.com

call me: 289-686-0903