

# The Daring Way™

Show Up. Be Seen. Live Brave™

One Day Workshop

## The Daring Way™ is a highly experiential methodology based on the research of Dr Brené Brown.

The method was developed to help men, women, and adolescents learn how to show up, be seen, and live braver lives. The primary focus is on developing shame resilience skills and developing a courage practice that transforms the way we **live, love, parent, and lead.**

This one day workshop will give you valuable insights into a journey of authenticity, courage and connection. Participating in this workshop will help employees **increase profits through peak performance, bold decisions making, increase productivity, as well as improved creativity and innovation.**



“VULNERABILITY IS THE BIRTHPLACE OF LOVE, BELONGING, JOY, COURAGE, EMPATHY, ACCOUNTABILITY, AND AUTHENTICITY.”

BRENÉ BROWN

### This one day workshop covers...

- Dr Brené Brown’s research findings and how to apply them into your day-to-day life
- The Daring Way™ methodology
- Myths of vulnerability – the wrong things that prevent us from embracing vulnerability
- Armoury – Avoidance of vulnerability; and Shame shields – defence against vulnerability
- The Arena and showing up – when you are ready to be bold
- Empathy and Self Compassion – being kind to self
- Trust and earning the right to hear the story – who is your “supporter”?
- Shame and stepping in – what triggers shame and why we keep playing small
- How values and authenticity light the way
- Introduction to Rising Skills

### Our facilitator



Lele Mehlomakulu

Lele is one of only two South African certified Daring Way™ facilitators. She is the MD and founder of mPower People Solutions, a forward-thinking human resources and organisational development consultancy, which was established to help organisations deliver a sustainable environment for performance improvement through their people. Lele is also a consultant, facilitator, coach, speaker and organisational improvement/change/transformation/culture interventionist.

#### CAPE TOWN

Wednesday, 25 April 2018  
Atlantic Imbizo, V&A Waterfront

#### TIME

09:00 – 17:00 (08:30 registration)

#### INVESTMENT

R3,049.00 Excl VAT for Corporates  
R2,400.00 Excl VAT for NPOs

#### BOOK NOW!

For bookings [click here](#) or contact **021 913 3507** or [johleen@symphonia.net](mailto:johleen@symphonia.net)

#### IN-HOUSE WORKSHOPS

For an in-house workshop contact **Kym Jackson** on **082 453 9393** or [kym@symphonia.net](mailto:kym@symphonia.net)