

The Daring Way™

Show Up. Be Seen. Live Brave™

Introductory Session

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.

The introductory session will give you valuable insights into a journey of authenticity, courage and connection. Participating in the one day 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 two hour taster session you will be introduced to:

- Dr Brené Brown's research findings and how to apply them into your day-to-day life
- Introduction to the Daring Way™
- 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

More about Lele



Lele Mehlomakulu

Lele 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. She is one of only two South African Certified Daring Way™ Facilitators available to host The Daring Way™ events and workshops. Lele is a consultant, facilitator, coach, speaker and organisational improvement/change/transformation/culture interventionist.

IN-HOUSE WORKSHOPS

Our recommendation is that this world-class intervention should be run as part of your in-house management development curriculum, at a venue and on a date that is convenient for you.

For more information about this cost-effective option, please contact **Kym Jackson** on **082 453 9393** or kym@symphonia.net

www.symphonia.net

