

THE DARING WAY™

SHOW UP | BE SEEN | LIVE BRAVE™



based on the research of Brené Brown



Shame Resilience in the LGBTQ Community

led by

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for the Montrose Center

1/20/2015 - 3/10/2015



the
Montrose
Center

401 Branard Street | Houston, Texas 77006

Counseling & professional services are offered at a discounted fee.
Grant subsidies may be available for eligible persons.

The Daring Way™ is a highly experiential methodology based on the research of Dr. Brené Brown. During the process we 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 living. The primary focus is on developing shame resilience skills and developing daily practices that transform the way we live, love, parent, and lead.

Further information is available at www.thedaringway.com.

Dr. Brené Brown is a research professor at the University of Houston Graduate College of Social Work. She has spent the past twelve years studying vulnerability, courage, worthiness, and shame. Her groundbreaking research has been featured on PBS, NPR, CNN, and Oprah Winfrey's Super Soul Sunday.

Further information is available at www.brenebrown.com.

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