

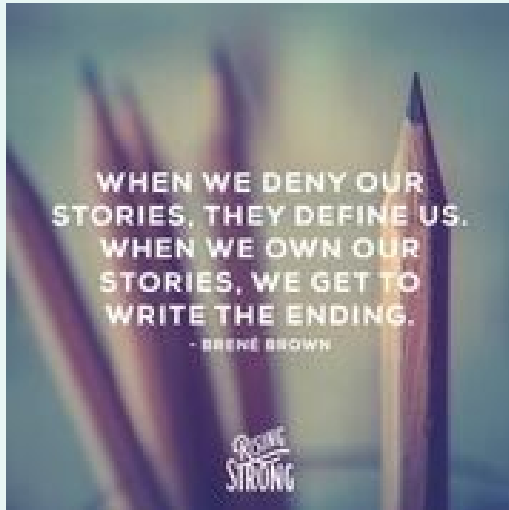
THE DARING WAY™

SHOW UP | BE SEEN | LIVE BRAVE™



based on the research of Brené Brown

RISING STRONG™ FOR WORKING MOMS 8 WEEK COURSE



Led by

Tracey O'Connell, MD, CDWF

Wednesdays from 6:30 to 8:30 pm

March 25th through May 20th

Chapel Hill Chamber of Commerce

104 Estes Dr.

Chapel Hill, NC 27514

"I dared greatly. I was brave. I got my butt kicked and now I'm down for the count.
How do I get back up?"

Fall. Learn. Get up. Try again.

Rising Strong™ for Working Moms is a program based on the research of Brené Brown. This program is designed to help build resilience in women who are struggling to balance work, motherhood and their own unmet needs. When things don't work out as we planned, we make up stories as to why we "failed" and who is to blame. These stories may not be true. The Rising Strong™ process helps us get clear on the truth, the emotions we are feeling or avoiding and teaches us how to heal ourselves. Having the courage to reckon with our emotions and rumble with our stories is the path to wholeheartedness. This work is powerful and transformative, not only for us as mothers, but the wisdom we gain through this method can be passed onto our children, so that we can join the ranks of women like Brené who are leading a revolution and healing the world.

for more information:

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