

RISING STRONG™ PROGRAM

Rising Strong™ is a two day program based on the research of Brené Brown that explores the simple physics of vulnerability: If we are brave enough, often enough, we will fall. When we take risks in our lives, we will inevitably experience disappointments, hurts, failures and heartbreak. This program focuses on what it takes to get back up.

Rising Strong™ examines how owning our stories of struggle gives us the power to write daring new endings. Struggle can be our greatest call to courage and the clearest path to a wholehearted life.

Rising Strong™ provides the opportunity to build and practise resilience skills that enable us to live more bravely, to show up in the arenas of our lives and to live more authentically.

Rising Strong™ Agenda & Course Details

The 3 Acts of a Story	<ul style="list-style-type: none">• The Reckoning• The Rumble• The Revolution
Act 1 The Reckoning	<ul style="list-style-type: none">• The Rising Strong Process• Getting Emotionally Hooked• Integrating Wholeheartedness• Cultivating Curiosity• My Reckoning• Offloading Hurt• Strategies for Reckoning with Emotion
Act 2 The Rumble	<ul style="list-style-type: none">• Common Rumbling Themes• Rumbling with Vulnerability• Rumbling with Shame• Rumbling with Living BIG• Rumbling with Trust and BRAVING• Rumbling with Forgiveness• Rumbling with Anxiety• Rumbling with Criticism• The Delta
Act 3 The Revolution	<ul style="list-style-type: none">• Let the Revolution Begin• Story Rumbles with Friends, Family, Colleagues and Community members• Integrating and Creativity