

WHEN WE DENY OUR
STORIES, THEY DEFINE US.
WHEN WE OWN OUR
STORIES, WE GET TO
WRITE THE ENDING.

- BRENE BROWN

*RISING
STRONG*

Embrace
YOUR
RESILIENCE

8-WEEK RISING STRONG GROUP

Embark on a transformative journey of self-discovery, resilience-building, & personal growth to unlock your inner strength, vulnerability, & the power to rise stronger than ever before.

The Rising Strong™ 8-Week Group is a dynamic and supportive community experience created by **Brené Brown**, a renowned researcher and storyteller.

This program provides you with tools to help you navigate life's challenges, setbacks, and disappointments with courage and grace.

Together, we will learn how to overcome struggles such as:

- ♥ FEAR OF FAILURE
- ♥ VULNERABILITY
- ♥ COURAGE
- ♥ SHAME

- ♥ PERFECTIONISM
- ♥ OVERWHELM
- ♥ SELF-ESTEEM
- ♥ PEOPLE PLEASING



Facilitated by: Brittni Fudge, MA, LPC, CDWF
Dates: 8 Tuesdays 10/17 - 12/12 (skip 10/31)
Time: 5:30-7:30pm
Where: Online via Zoom

Investment: \$75/group (\$600 total)
To Sign Up: email Brittni at
hello@kindred-counseling.com

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A 8- WEEK RISING STRONG



**Weeks 4-5: The Rumble
Owning Your Story**

11.14 & 11.21

- Dive deep into your stories, beliefs, & values.
- Challenge the narratives that no longer serve you.
- Cultivate vulnerability & self-compassion.

**Weeks 6-7: The Revolution
Integrating Resilience**

11.28 & 12.5

- Discover tools & strategies to rise strong from adversity.
- Embrace the power of empathy for self & others.
- Cultivate a resilient mindset & actionable plans for your future.

**Week 8: Celebration
& Moving Forward**

12.12

- Reflect on your growth & transformation.
- Share your insights & experiences with the group.
- Create a roadmap for continued personal development.

**Week 1: Orientation &
Setting Intentions**

10.17

- Get to know your fellow participants & facilitators.
- Understand the core principles of Rising Strong™.
- Set personal intentions & goals for the journey ahead.

**Weeks 2-3: The Reckoning
Recognizing Emotions**

10.24 & 11.7

- Learn to identify & acknowledge your emotions & emotional triggers.
- Explore the stories & narratives that influence your responses.
- Develop self-awareness & emotional intelligence.