

RISING STRONG™

THE RECKONING. THE RUMBLE. THE REVOLUTION.™

based on the research of Brené Brown

RISING STRONG™ WORKSHOP

for therapists!

JANUARY 12TH & 13TH, 9AM-4:30PM

4809 N RAVENSWOOD SUITE 227, CHICAGO

ARE YOU FAMILIAR WITH BRENÉ BROWN'S WORK?

TAKE YOUR SHAME, VULNERABILITY & RESILIENCE KNOWLEDGE TO THE NEXT LEVEL

The path to a more wholehearted life requires vulnerability. Part of this process, Brené Brown teaches us, is being brave and occasionally falling down.

Rising Strong™ is about what it takes to get back up. The Rising Strong™ process will transform how you move through life, how you deal with failure, and how you manage the challenging emotions that come along with any struggle.

RISING STRONG™ IS A WORKSHOP ON RESILIENCE DEVELOPMENT

This is a workshop to work on your own "stuff" and to learn new skills that you can share with your clients. It is NOT technically a training workshop, nor can you earn CEUs. This is going to be a weekend of intense learning and the opportunity to do some deeper work for solid clinicians in a safe and open space. We will be watching videos and applying what we learn through group discussion, writing and activities.

If you're not familiar with Brené:

Dr. Brené Brown is a research professor at the University of Houston Graduate School of Social Work and is the author of three #1 New York Times Bestsellers. With over 34 million views, Brené Brown's 2010 TEDx Houston talk "The Power of Vulnerability" is one of the top five most viewed TED talks in the world. Her groundbreaking work is incorporated globally by therapists, executive coaches and leaders.

Register now by emailing: info@gailreichpsychotherapy.com

Sign up by Decemeber ~~21st~~ 31st for \$370, sign up by January 9th for \$395

*Limited to only 10 spots

EARLY BIRD FEE EXTENDED!



Gail Reich, LCPC, CDWF

Gail Reich has a private practice in Lincoln Square. She earned her masters degree at Northwestern University and is a Certified Daring Way Facilitator™. She works with adolescents and adults and truly enjoys helping individuals develop their resilience.

Gail Reich Psychotherapy

