

THE DARING WAY™

SHOW UP | BE SEEN | LIVE BRAVE™



based on the research of Brené Brown

The Daring Way Certification Training Core Concepts and Learning Objectives

The Daring Way™ is a highly experiential methodology based on the research of Dr. Brené Brown. This method is designed for work with individuals, couples, families, work teams, and organizational leaders. It can be facilitated in clinical, educational, and professional settings. 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.

The Daring Way Certification Training currently covers two curricula: The Daring Way™ and Rising Strong™. The following seven core concepts are the focus of the training content. At the completion of this training you will be able to:

1. Courage and Vulnerability

- Articulate the five components of courage: asking for what you need, speaking your truth, owning your story, setting boundaries, and reaching out for support.
- Define vulnerability as uncertainty, risk, and emotional exposure.
- Explain how Brené Brown's research dispels the four myths of vulnerability.

2. Values

- Describe the process for identifying core values.
- Explain how clarity of values and values alignment are essential to living with integrity.
- Discuss how being out of alignment with core values leads to shame and disconnection.

3. Trust

- Discuss how trust is built incrementally and over time.
- Define the seven elements of trust as BRAVING: boundaries, reliability, accountability, vault, integrity, non-judgment, and generosity.
- Explain how trust is essential to building meaningful connection.

4. Empathy and Self-Compassion

- Articulate the five attributes of empathy based on Theresa Wiseman's research and the three elements of self-compassion based on Kristen Neff's research.
- Describe how a practice of self-compassion and empathy are the antidote to shame.

5. Shame Resilience

- Differentiate shame from guilt, humiliation, and embarrassment.
- Describe how shame is connected to vulnerability.
- Define shame as a relational construct that influences self-talk.
- Explain the key constructs related to shame including scarcity, comparison, and perfectionism.
- Identify the defensive strategies (e.g., armor and shame shields) used when feeling shame.
- Articulate the elements of shame resilience: identifying shame, recognizing the messages underlying shame, reaching out, and speaking about shame.

6. Reckoning and Rumbling with Emotion

- Articulate the importance of identifying, describing, and recognizing a range of emotions.
- Summarize the role of curiosity in understanding how emotions impact thoughts and behaviors.
- Define the six strategies of offloading hurt: chandeliering, bouncing hurt, numbing, stockpiling, high-centering, and The Umbridge.
- Explain how writing down the story we make up (SFD) helps make meaning of our experiences.
- Discuss how the brain is wired for story and how this influences the development of stories that are not true (i.e., conspiracies and confabulations).
- Describe the importance of challenging the stories we make up in order to change thinking and develop key learnings.

7. Authenticity: Practice, Integration, and Transformation

- Describe how diversity, race, class, orientation, gender, social injustice, economic injustice, and inequality show up in our stories and in the stories we make up about others.
- Explain how authenticity is cultivated by Living BIG: establishing boundaries, practicing integrity, and extending generosity.
- Describe how key learnings that emerge from the Rising Strong process deepen wisdom and meaning.
- Identify and implement the daily practices of courage, compassion, and connection (e.g., authenticity mantra, arena anthems, permission slips, etc.).
- Articulate how practicing vulnerability, shame resilience, and the Rising Strong process reinforces authenticity.