

Shame Resiliency Workshop

Developed by nationally renowned lecturer, educator and writer,
Brené Brown



Stop living in shame, fear and disconnection and start living with courage, compassion and connection!

Shame and fear are the greatest obstacles to authenticity, love and belonging.

Do you struggle with any of the following?

- Perfectionism
- Low self-esteem
- People-pleasing
- Excessive guilt

Do you ever think or believe:

- I'm not good enough.
- I'm not important.
- If people really knew me, they wouldn't accept me.
- I'm a phony.
- I'm defective.

...then this group is for YOU.

Facilitators:

Cyndi Mesmer, LCPC
Sandy Woznicki, LCPC

When: 3 GROUPS OFFERED

- **Thursday's 4:30-6:30** Young Adult Group
August 27th-November 12, 2015
- **Thursday Evenings 7-9pm** (12 weeks)
August 27th- November 12, 2015
- **Saturdays 11:30am-1:30pm** (11 weeks)
September 5th -November 14, 2015

Cost: \$60 per weekly session

Includes: Brené's book, [I Thought It Was Just Me](#), and binder of material

The Art of Living Counseling Center

900 Pyott Road, Suite 102
Crystal Lake, IL 60014
815.444.9076

www.artoflivingcounseling.com
clmesmer@comcast.net

To Register: https://theartoflivingcounselingcenter.formstack.com/forms/shame_resiliency_form

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Read what people are saying about the workshop:

“This workshop has been one of the most valuable forms of therapy that I have experienced. Shame has had an incredible impact on me for most of my life. For the first time, I feel like I finally have the tools to control the effects of shame which allows me to interact better with my friends and family. I would highly recommend this workshop!”

“This was a wonderful, powerful workshop. The facilitators were tremendous and the learning gained can be life changing. I would highly recommend it to anyone who struggles with shame or feeling inadequate - and even those who don't think they do. Five Stars *****”

“Strong, tender leadership. A beautiful combination of truth and kindness that allowed me to enter the shameful parts of my story that keep me bound and actually experience change. An amazing experience I haven't gotten anywhere else except at The Art of Living Counseling Center.”

Come join us for a 12 week journey of discovery and healing.