

# THE DARING WAY™

SHOW UP | BE SEEN | LIVE BRAVE™



*based on the research of Brené Brown*

## **Courageous Connections Group: Daring Greatly™**

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### **Presenter:**

My name is Dr. Sarah Springer, and I am the owner of NJ Counseling Connections, LLC and am excited to share this group experience with you! I earned my PhD in Counselor Education and Supervision from Montclair State University and have Ed.M. and M.A. degrees in Psychological Counseling from Columbia University's Teachers College. I hold Licensed Professional Counselor (LPC) and Approved Clinical Supervisor (ACS) credentials as well as Director of School Counseling and New Jersey Supervisor Certificates from the state of New Jersey. In 2020, I became a Certified Daring Way™ Facilitator (CDWF) and have the honor of facilitating Daring Greatly™ and Rising Strong™ groups as part of my practice.



In addition to my private practice, I am an Associate Professor in the Professional Counseling Department at Monmouth University training masters students to become mental health counselors. As a professor, I conduct research and publish articles regularly in the areas of counselor development, supervision, and group work. Prior to transitioning to higher education, I worked as a certified school counselor and a social skills counselor/consultant in the Princeton Township, Mendham Township, and Denville Township school districts. Periodically, I provide professional development presentations to school counselors, child study team members, teachers, and supervisors around the state. I also provide state-approved clinical supervision to provisionally licensed counselors in New Jersey. I look forward to answering any questions you may have about my credentials and practice.

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## What to Expect

### ***Content:***

The Daring Way™ is a psycho-educational curriculum that was developed for individuals and groups based on Dr. Brené Brown's highly experiential methodology. During the process, we explore topics such as vulnerability, trust, values, boundaries, authenticity, shame, and worthiness. The primary focus of the entire workshop is on developing shame resilience skills and cultivating daily practices that transform the way we live, love, COUNSEL, parent, and lead. Participants will focus on their own wellness and how they can foster deeper connections in their personal and professional relationships. Members may experience a number of benefits, including but not limited to greater personal insight, enhanced relationships, and increased emotional vocabulary.

The cost of our group is \$550 for eight weekly two hour sessions. Members will receive a Daring Greatly™ electronic workbook with activities from Dr. Brown's Daring Way™ organization, exposure to private videos from Dr. Brown, herself, and opportunities to learn about and connect with this material alongside other mental health professionals. We will also be discussing topics and materials from Dr. Brown's best selling book, Daring Greatly™.

### ***Learning Objectives:***

After attending the Courageous Connections: Daring Greatly™ group, members will:

- Identify values that help us to show up and be seen in our day-to-day personal and professional lives
  - Learn about shame resilience theory and the actions that help us to identify and work through and beyond our stories
  - Discuss how TRUST and BOUNDARIES influence the depth of our personal and professional relationships
  - Practice empathy and self-compassion with OURSELVES and others
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### ***Program Registration Requirements:***

All eight week group sessions will be held virtually (via Zoom) beginning January 2023. Once you have interest, we as a collective group will determine the best day and time that works for us. To express interest, please fill out this google form: <https://forms.gle/oj7uKUKGj7JL3ZrF6>

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Upon receipt of your interest, I will respond back with more information. Should you wish to join our group, you will receive an informed consent. Your registration will be confirmed upon receipt of the signed informed consent and finalized upon receiving payment in full. This group will run with 3-8 members. In the event that we do not have enough interest for the January group, I will offer you another time slot or return your payment back to you.

## ***Group Transparency:***

Dr. Brené Brown offers a number of resources by way of her books, podcasts, website, etc. These are publicly accessible at any time. The workbook you will receive with membership in this group follows the curriculum (Daring Greatly™) that I have been trained to facilitate with you. It is important to emphasize that while this group will afford you opportunities to learn and engage with new terminology, theory, and other psycho-education; it is not a therapy group, training, nor a certification course. It is, however, an experiential psycho-education group (with therapeutic value!) that will help you to examine your own self-care and professional goals. The workbook you will receive will be for you to use as a member of our group only. The Daring Way™ is very clear with certified individuals that our work is meant solely to help members make meaning of this work in their own personal and/or professional lives.

## **Payment:**

Payment (\$) for the entirety of the group is due in full one week before the beginning of our group. Payment may be made via Venmo (@Sarah-SpringerPhD). If you have any questions, please feel free to reach out to me.

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(862) 223-8301

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## **NBCC Hours:**

All participants must show a form of ID before each meeting to verify identity and for attendance purposes. This group includes (8) 2 hour sessions. Participants can receive up to 16 CE hours if they attend each of our synchronous sessions in their entirety. Participants will only receive NBCC hours for the time they have attended. A certificate with the amount of NBCC hours will be issued within a week after the completion of the eighth session of the group.

“Courageous Connections: Daring Greatly™ Group has been approved by NBCC for NBCC credit. NJ Counseling Connections, LLC is solely responsible for all aspects of the program. NBCC Approval No. SP4108.”

I look forward to experiencing this work together with you!