


RISING STRONG

THE RECKONING. THE RUMBLE. THE REVOLUTION.

based on the research of Brené Brown

WE ALL STRUGGLE. If we are BRAVE enough, OFTEN enough, we will inevitably find that sometimes we fall. And sometimes when we do, we don't get back up and we give up. If we want to break away from the crowd, and pursue our heart desires, we have to be courageous, we have to **RISE STRONG**.

The **Rising Strong™ Retreat** is based on the research of **Brené Brown**, a renowned author and professor. Her groundbreaking work addresses how we can **Show Up, Be Seen and Live Brave™** while offering a specific process for Rising Strong™ after the inevitable setback that comes when we choose courage over comfort and risk **Daring Greatly™** in our lives. This dynamic retreat includes an interactive equus coaching ( equine) experience on day two.

Indieglow is excited to offer Rising Strong this May at the extraordinary **Palmetto Bluff** in Bluffton, SC. This two-day workshop is designed to create a relaxing and supportive environment where people committed to personal and professional development can come together to connect, learn and grow.

Do you want to Dare Greatly in your personal and professional life?

Are you ready to "Show Up, Be Seen and Live Brave?"

Are you ready to transform the way you live, love and lead?

"Struggle can be our greatest call to courage and the clearest path to a wholehearted life."

Additional information & registration:
indieglow.net/rising-strong-retreat



843.730.3058

October 5 - 6, 2019
Bluffton, SC



palmettobluff.com

Rising Strong Retreat offered by Indieglow's Sonya Giffin & Meg McGarrigle in partnership with Renee Sievert, RN MFT, Certified Daring Way Facilitator