

AUTHOR OF THE #1 NEW YORK TIMES  
BESTSELLER *DARING GREATLY*

# RISING STRONG

THE RECKONING. THE RUMBLE.  
*THE REVOLUTION.*

## **Rising Strong™ Workshop** led by Maggie O'Shea and Kate McKillop

***Learn what it takes to get back up!***

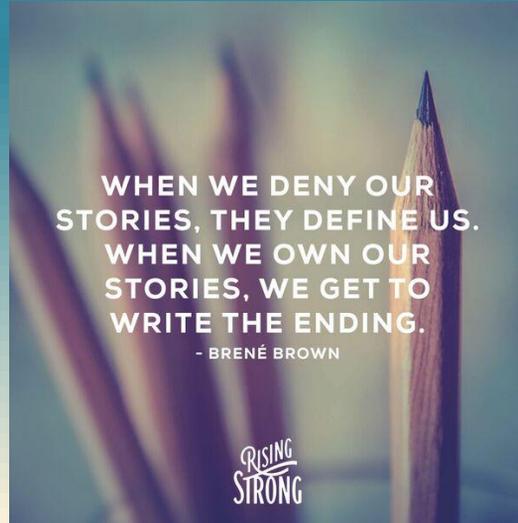
The physics of vulnerability is simple: If we are brave enough, often enough, we will fall. Based on the work of Brené Brown, Ph.D. LMSW, *Rising Strong* is a two-day workshop about what it takes to get back up and how owning our stories of struggle gives us the power to write a daring new ending.

In this experiential workshop, you will examine the thoughts, emotions and behaviours that are potentially holding you back and identify the new choices and practices that will help you move towards more authentic, wholehearted living.

This workshop will begin with a group yoga practice each morning and guided meditations will be led throughout each day, to integrate a mindful approach to greater emotional awareness.

**Saturday 18 & Sunday 19 February 2017**  
**9:30 – 5:30pm Saturday & 9:30 – 5:30pm Sunday**

The Forge  
341 Barker St, Castlemaine



## **The Rising Strong™ Workshop**

**\$399 Early Bird (book by 1 February 2017)**  
**\$450 Thereafter**

- The Workshop includes:
- The Rising Strong™ Workbook
  - Video content featuring Brené Brown
  - Psychoeducation, discussion and experiential sessions
    - Flow and restorative yoga
    - Guided meditation
    - Morning & afternoon tea

**Saturday 18 & Sunday 19 February 2017**  
**9:30 – 5:30pm Saturday & 9:30 – 4pm Sunday**  
The Forge  
341 Barker St, Castlemaine

**TO BOOK OR MAKE AN ENQUIRY:**  
**Phone: Maggie on 0457 389 433 / Kate on 0423 398 338**  
**Email: [maggie@mindfulcounselling](mailto:maggie@mindfulcounselling)**

***This workshop has limited places - register early!***

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### **ABOUT YOUR FACILITATORS**

#### **MAGGIE O'SHEA**

Maggie O'Shea (Masters Couple Therapy, MA, BSW, MAASW) is a Certified Daring Way Facilitator, Mindfulness Teacher and Couple Therapist in private practice, bringing deep sensitivity and warmth to her 30 years in Mental Health Social Work. She has been teaching Jon Kabat Zinn's *Mindfulness Based Stress Reduction (MBSR)* meditation program and Rick Hanson's *Positive Neuroplasticity Training* since 2010. Maggie also leads mindfulness & couple retreats and lectures annually at Swinburne University.

#### **KATE MCKILLOP**

Kate McKillop, BCA MSW is a Therapist, Mental Health Clinician, Certified Daring Way Facilitator and Yoga Teacher. She provides individual, group and family therapy in the areas of trauma recovery, grief, loss and bereavement and has a passion for empowering people to overcome depression and anxiety. Kate has trained in developmental psychiatry, worked in acute mental health settings and has extensive experience in teaching the benefits of mind-body connection.