



led by: _____

AMY BJORKMAN, PHD

at: _____

TUESDAYS; 5:30-7:30P

14300 N. Northsight Blvd, Suite 101
Scottsdale, AZ 85260



7-Week Rising Strong Women's Group

AUGUST 17-SEPTEMBER 28

If we are brave enough, often enough, we will fall. The process of rising after failure, disappointment, and screwing up is where our courage is tested and our values are forged. Our stories of struggle can be big ones or smaller ones. Regardless of magnitude or circumstance, the rising strong process is the same:

We reckon with our emotions and get curious about what we're feeling.

We rumble with our stories until we get to a place of truth.

We revolutionize the way we live, love, and lead by working this process every day until it becomes a practice.

This group is based on Dr. Brené Brown's Rising Strong™ program, a highly experiential methodology to help men, women and adolescents learn how to rise up after a fall, disappointment or struggle.

_____ for more information: _____

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COST \$575 (\$150 TO HOLD SPOT)