

THE GIFTS OF IMPERFECTION

based on the research of Brené Brown



the DARING WAY

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It is in the process of embracing our imperfections that we find our truest gifts: courage, compassion, and connection.

—BRENE BROWN

THE GIFTS OF IMPERFECTION

Resilient Retreat 6-Week Workshop Series

led by
Sandy Mitsch, MCC, TICC
Certified Daring Way™ Facilitator

Dates: October 17 – November 21, 2024
Every Thursday
10am-Noon

Location: Resilient Retreat
Sarasota, FL

Based on the best-selling book by Dr. Brené Brown, **The Gifts of Imperfection™** is an invitation to join a wholehearted community. A small, quiet grassroots movement that starts with saying, “My story matters because I matter.” A movement where we can live our messy, heartbreaking, grace-filled, and joyful lives. A movement fueled by freedom that comes when we stop pretending everything is okay when it isn’t. A call that rises up from within when we find the courage to celebrate those intensely joyful moments even through life’s difficult times.

Attend this Gifts of Imperfection™ workshop series if you are:

- A passionate pursuer of personal growth and a seeker of wholehearted living.
- Open to new ways of thinking & being and have a desire to live your life to the fullest.
- Curious about Brené Brown’s research and have said to yourself “that rings true for me.”

In this workshop series, you will develop the daily practices that transform the way you live, lead, and achieve the things that are most important to you. We will:

- Practice courage and understand what it means to let ourselves be vulnerable.
- Nurture connection with others by ‘showing up’ and embracing our own authenticity.
- Cultivate the foundational tools of wholeheartedness: courage, compassion, and connection.
- Accept that we are worthy of love and allow ourselves to be deeply seen and known.
- Become grounded by a deep sense of purpose and guided by a resilient spirit as we practice the guideposts of wholehearted living.

About Sandy Mitsch: Sandy has studied, lived, and taught the research of Dr. Brené Brown since 2012. She has been a senior faculty member, case consultant, and certification trainer for Brené’s organization. Sandy is president of Sandy Mitsch LLC, a coaching and organization development firm based in Sarasota. She has more than 30 years of direct experience as a leader in executive coaching, organization development, strategic planning, and human resources. As a master certified coach through the International Coaching Federation, Sandy is also formally trained and certified through the Co-active Training Institute and is a Trauma Informed Certified Coach.

For more information, contact: info@ResilientRetreat.org or call 941/343-0039