

Nurturing the Resiliency of the Human Spirit

WORKSHOP SERIES

KEYNOTE AND WORKSHOP WITH

Dr. Brené Brown



Wired for Connection How Empathy, Shame, and Vulnerability Affect Helping and Healing

Dr. Brené Brown's reputation as a speaker is built on her ability to explore difficult topics with tremendous honesty, warmth, and humour. She is a thought-leader, researcher, and storyteller with the rare ability to both inspire audiences and leave them with actionable change strategies.

Brené Brown, Ph.D., LMSW is a research professor at the University of Houston Graduate College of Social Work. She has spent the past decade studying vulnerability, courage, worthiness, and shame.

Brené is a nationally renowned speaker and has won numerous teaching awards, including the College's Outstanding Faculty Award. Her groundbreaking work has been featured on PBS, NPR, CNN, and has appeared in The Washington Post, Psychology Today, and many other national media outlets.

Her 2010 TEDx Houston talk on the power of vulnerability is one of the most watched talks on TED.com, with over 6 million views. She gave the closing talk, Listening to Shame, at the 2012 TED Conference in Long Beach.

Brené is the author of the #1 New York Times Bestseller *Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead* (2012). She is also the author of *The Gifts of Imperfection* (2010), and *I Thought It Was Just Me* (2007).

In 2007, Brené developed *Connections*, a psychoeducational shame resilience curriculum that is being facilitated across the nation by mental health and addiction professionals. The Connections Certification process was launched in 2012.

For more information, ticket purchases and to register call:

204-233-2556 or 1-800-665-4443



November 5, 2013 7:00 pm - 8:00 pm

Dr. Brené Brown, Public Keynote
Cost: \$25

November 6, 2013 9:00 am - 4:30 pm

9:00 - 12:00 Workshop with Dr. Brené Brown

**1:00 - 4:30 Choice of 2 Resiliency Based
Experiential Workshops**

- 1) *Exploring Caring through Creative Movement* - Liane Cherrett, or
- 2) *Regenerating through Music* - Shirley Grierson
- 3) *Building Resiliency through Expressive Arts* - Tereza Gomes, or
- 4) *Restorative Practice* - Dillon Cherrett

Cost: \$175 (includes lunch)

Winnipeg Convention Centre
Meeting Room 2EF

Mark your calendars for Kim Phuc's Public Keynote



Kim Phuc Phan Thi

Two Choices:
Change My Heart
or Die From Hatred

September 20, 2013

The Vietnam War had many tragedies. Nine year old Phan Thi Kim Phuc was photographed running down the road, screaming from the burns to her skin. She became a "national symbol of war".

Phuc will share her difficult journey, the road to forgiveness, and how her conversion helped her find inner peace.

