In professions where people are expected to project an air of confidence and authority, showing vulnerability can seem counter-intuitive. When being vulnerable is viewed as a weakness, we find ways to avoid or hide our struggles. However, Dr. Brené Brown’s research reveals that there is a vital place for embracing vulnerability to be confident, successful and connected.

How does comparison, shame, and limiting self-talk keep you from being your best personal and professional self? In what ways are you “playing small” in your practice or your life? Are you tired of carrying the weight of perfection, struggling to feel good enough, and feeling like you have to earn love and worthiness? Have you ever said to yourself, “I’m not _____ (successful, smart, talented, attractive, etc.) enough?”

In this 1-day workshop designed especially for lawyers, we explore thoughts, emotions and behaviors that hold us back from living fuller lives. Developing shame resilience starts with understanding what shame is, how we as individuals exhibit shame, and how to be appropriately vulnerable. We will identify new choices and practices that help move us to greater authenticity and whole-hearted living.

To register, please visit www.TheWorkshopToolbox.com