What is Rising Strong™ Workshop?
This interactive workshop is based on research professor and New York Times best-selling author, Dr. Brené Brown’s, groundbreaking research and book, Rising Strong. During the workshop, we will learn positive, proactive tools and strategies to live a more resilient and wholehearted life. We will hear about and discuss what it takes to get back up after failure. And, we will learn how owning our stories of disappointment and heartbreak give us the power to write a daring new ending. This workshop is designed to bring people together and to learn from expert research and each other in a supportive environment.

About Cindy Reed
The workshop will be facilitated by Cindy Reed, LCSW and Certified Facilitator of the methodology and research of Dr. Brené Brown. In addition to 16 years of experience as an LCSW, Cindy was a lead presenter of Dr. Brown’s work at the National Association of Social Workers Continuing Education Conference in 2015.

Who should participate?
Anyone who wants to develop strategies for making positive changes in their life. Those who’d like to live more bravely and authentically. Anyone who has experienced failure -- big or small -- or disappointment or heartbreak. This workshop is also for those who just want to learn more about Dr. Brené Brown’s work and concepts within her best-selling book, Rising Strong.

Workshop Schedule:
Morning Session (8:00 a.m. - 12:00 p.m.) - An Overview of Rising Strong
Lunch on Your Own (12:00 p.m. - 1:00 p.m.)
Afternoon Breakout Sessions (1:00 p.m. - 4:30 p.m.)
- Living BIG with Boundaries, Integrity & Generosity
- Curiosity and Reckoning with Difficult Emotions

Sponsored by: UK Work-Life Office, UK Work+Life Connections, UK VIP, and UK Counseling Center
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