



Local Coaches Facilitate the Link Between Learning and Living

After attending Brené Brown's sold out event, these coaches can work with you to provide additional daring ways to wholehearted living

CHARLOTTE, NC, USA, September 25, 2015 /EINPresswire.com/ -- Charlotte, NC: On Tuesday night, Dr. Brené Brown, author of NYT bestseller *Daring Greatly* and newly released *Rising Strong*, will take the stage at Ovens Auditorium to a sold out crowd. We can thank Christ Church for bringing Brown to our city during a busy national book tour. Brené Brown, a research professor at the University of Houston Graduate College of Social Work, speaks and writes about life's tough topics like vulnerability, worthiness and shame which have resonated with millions who have been exposed to her work.

"We help people apply the principles of Brené's research and to cultivate a skill set of wholeheartedness to their everyday lives," says [Kelley Doyle Snyder](#), a life coach and Certified Daring Way™ Facilitator.

"What we do creates a link between the theory and everyday practice," adds [Cathia Friou](#), a leadership coach and also certified in delivering The Daring Way™. "My focus area is in the business and corporate setting."

About The Daring Way: The Daring Way™ is a highly experiential methodology based on the research of Dr. Brené Brown. The method was designed for work with individuals, couples, families, work teams and organizational leaders. It can be facilitated in clinical, educational, and professional settings.

During the process, these Daring Way™ facilitators explore topics such as vulnerability, courage, shame, and worthiness. Participants are invited to examine the thoughts, emotions, and behaviors that are holding them back, and identify new choices and practices that will move them toward more authentic and wholehearted living. The primary focus is on developing shame resilience skills and developing daily practices that transform the way we live, love, parent, and lead.

Upcoming Events Open to Public:

Oct. 6 @ 6pm, [RISING STRONG CHARLOTTE](#) - A community conversation about key learnings from Brené Brown's newest book *Rising Strong*. Tickets \$20.

Oct. 7 @ 6pm, Speaking on "Daring Leadership; The Power of Vulnerability." Tickets \$15-20.

Oct. 21 @ 12pm, *Rising Strong* In-Person Book Club - Meets over 4-weeks. Engage in group discussion, Q&A, and goal setting to implement the learning in your own life. \$99.

To learn more about these Daring Way™ events, visit www.kelleydoyle.com and www.cathiafriou.com.

For more information about the Daring Way™ methodology, or to contact other certified Daring Way™ helping professionals in Charlotte and worldwide, visit www.thedaringway.com.

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