

Sponsored by the **Family Action Network (FAN)**, New Trier HS ECGC Parent Committee, the Alison Tobey Smart Memorial Fund, Glencoe D35, Family Service of Glencoe, Family Service of Winnetka-Northfield, and Family Service Center of Wilmette, Glenview, Northbrook and Kenilworth

Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead

Brené Brown, Ph.D.

Author of the brand-new bestseller Daring Greatly; research professor, University of Houston Graduate School of Social Work

October 10, 7:00 PM

New Trier High School, Cornog Auditorium

7 Happ Rd., Northfield

**NEW! Due to huge demand --
2nd EVENT JUST ADDED!**

**The Wholehearted Child:
Guideposts for Helping
Children Cultivate a
Resilient and Hopeful Spirit**

October 11, 8:30-10:30 AM

New Trier HS, Cornog Auditorium

7 Happ Rd., Northfield

**Both events free and open to the public.
CPDUs available.**

**familyactionnetwork.net
FAN's 30th Anniversary!**





FOR IMMEDIATE RELEASE – SECOND EVENT JUST ADDED!!

CONTACT: Dee Fortson, FAN Communications Chair, jdfortson@sbcglobal.net

Wednesday, October 10, 2012, Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead, 7:00-9:00 PM, New Trier High School/Northfield Campus, Cornog Auditorium, 7 Happ Rd., Northfield, 60093. In **Brene Brown, Ph.D.’s** new book *Daring Greatly*, one meme in particular is reiterated – “showing up” in your life, letting yourself be seen, being courageous with family, friends, co-workers and in life. In her view, the source of an individual’s pain and life dissatisfaction are rooted in an unwillingness to be open and to take emotional risks with the people in their lives. In her years as a shame resilience researcher, Dr. Brown has documented the paradox of shame: by playing it safe, by adopting a veneer of perfectionism, by armoring ourselves with layers of emotional defenses, we rob ourselves of the opportunity to experience joy, creativity, empathy, belonging and love. For Dr. Brown, being vulnerable is a “subversive” act, risky, and sometimes painful, yet it is the true path to authentic human connection and an engaged, meaningful life.

Dr. Brown is a research professor at the **University of Houston Graduate College of Social Work**. She is a nationally renowned speaker – her 2010 TEDxHouston talk is one of the Top 10 most watched, nearly six million views, and she was a featured national TED speaker in 2012. She is the author of *The Gifts of Imperfection* and *I Thought It Was Just Me (but it isn’t)*, both best sellers. Her presentations are noted for their wit, compassion, honesty and insight – there’s much to relate to in her appealing message, and her hopeful, optimistic, endorsing manner is a great spur to live “Wholeheartedly” as you go out into the world. This is a must-see program with a first-rate speaker on a hot topic.

NEW! Thursday, October 11, 2012, The Wholehearted Child: Guideposts for Helping Children Cultivate a Resilient and Hopeful Spirit, 8:30-10:30 AM, New Trier High School/Northfield Campus, Cornog Auditorium, 7 Happ Rd., Northfield, 60093. Due to huge demand, we have added a second event with Brené Brown! Based on twelve years of pioneering research, Dr. Brown will explore strategies that parents and teachers can utilize to help children develop a spirit of hope, gratitude, connection, and perseverance. Dr. Brown explains that if Wholeheartedness is a goal for our families, then above all else we should strive to raise children who: 1) Engage with the world from a place of worthiness; 2) Embrace their vulnerabilities and imperfections; 3) Feel a deep sense of love and compassion for themselves and others; 4) Value hard work, perseverance, and respect; 5) Carry a sense of authenticity and belonging with them, rather than searching for it in external places; 6) Have the courage to be imperfect, vulnerable, and creative; 7) Don’t fear feeling ashamed or unlovable if they are different or if they are struggling; 8) Move through our rapidly changing world with courage and a resilient spirit. Join us for this special event as we explore what it means to parent, life and love from a place of love and worthiness.

Sponsored by Family Action Network (FAN), The Alison Tobey Smart Memorial Fund at Kenilworth Union Church, the New Trier HS ECGC Parent Committee, Glencoe SD35, Family Service of Glencoe, Family Service of Winnetka-Northfield, and Family Service Center of Wilmette, Glenview, Northbrook and Kenilworth. **FAN is celebrating its 30th anniversary year**, and is grateful for its 2012-13 partnerships with **Compass Health Center**, **North Shore Community Bank**, **Quintessential New Trier** magazine, and **The Book Stall at Chestnut Court**. CPDUs available for education professionals; no pre-registration required. Book sale and signing at the event. All programs are free and open to the public. Visit www.familyactionnetwork.net for more information.

