

# RISING STRONG™

Learning Outcomes

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## **ABOUT DARING GREATLY™**

Rising Strong™ is a resiliency-building curriculum about what it takes for us to get back up after setbacks to live a more wholehearted and satisfying life, and is full of activities based on the research of Brené Brown.

### **OVERALL OBJECTIVES**

Upon completion of this session, participants will be able to meet these objectives:

- Continue to lead and participate in a global conversation about vulnerability, courage, shame, and worthiness.
- Increase global access to information on emotion and how emotion is connected to behavior and thought.
- Awaken people's curiosity about emotions – awareness and the ability to articulate – and build our understanding of emotions.
- Use the rising strong process at both the micro and macro levels to increase wholeheartedness in living, loving, and leading.

## **SESSION 1: INTRODUCTION**

- Develop engagement in the group so they can practice articulating their needs, setting boundaries, reaching out for support, and understanding the needs of others.
- Become familiar with the physics of vulnerability and the ten rules of engagement for rising strong.

## **SESSION 2: CLARITY OF VALUES**

- Identify the values that are most important in our lives and learn why values clarification is essential to the development of resiliency.
- Understand that all stories have three main acts and that humans are wired for story.
- Identify emotions and experiences using the Story Rumble Glossary.

## **SESSION 3: ACT I – THE RECKONING**

- Become familiar with the Rising Strong process and goals: rise from our falls, overcome our mistakes, and face hurt in a way that brings more wisdom and wholeheartedness to our lives.
- Understand that the Rising Strong reckoning includes two parts:
- Recognizing when we are hooked by emotion
- Getting curious about those emotions.
- Raise participants' awareness about:
- The feelings associated with emotions
- Their response to emotion
- How emotion, thought, and behavior are interconnected.
- Increase curiosity about emotion and identify the messages and values that participants heard growing up.
- Recognize curiosity as an act of courage and vulnerability.

## **SESSION 4: OFFLOADING HURT**

- Identify the various ways that people offload hurt and put up barriers to reckoning with emotion: chandeliering, bouncing hurt, numbing, stockpiling, high-centering, and The Umbridge.
- Understand the difference between offloading emotion and integration.

## **SESSION 5: STRATEGIES FOR RECKONING WITH EMOTION**

- Practice and build skills to engage with and experience emotion including mindfulness and breathing.

## **SESSION 6: ACT II – THE RUMBLE**

- Comprehend that as humans, we have meaning-making in our biology and are compelled to make up stories – even if they are based on incomplete information.
- Challenge conspiracies and confabulations.
- Personalize the experience of storytelling by writing a “shitty/stormy/sucky first draft” of a difficult experience.

## **SESSION 7: COMMON RUMBLING THEMES**

- Deepen participants' emotional vocabulary and their self-awareness by further exploring their SFDs and using the Story Rumble Glossary.

## **SESSION 8: RUMBLING WITH VULNERABILITY**

- Define vulnerability as uncertainty, risk, and emotional exposure.
- Dispel the six myths of vulnerability as discussed in Brown's theory on vulnerability and courage. These myths are:
  - Vulnerability is weakness.
  - We can opt out of vulnerability.
  - Vulnerability is oversharing.
  - We can practice vulnerability in isolation. (I can go it alone.)
  - You can engineer the uncertainty and discomfort out of vulnerability.
  - Trust comes before vulnerability.

## **SESSION 9: RUMBLING WITH SHAME**

- Begin to define shame.
- Begin to differentiate shame, guilt, humiliation, and embarrassment.
- Understand the concept of shame shields and recognize that it is based on the concept of "strategies of disconnection" as posited by the researchers at The Stone Center at Wellesley.

## **SESSION 10: RUMBLING WITH LIVING BIG**

- Support participants' grasp of the idea that people are doing the very best they can; grow participants' compassion for self and others.
- Understand how to put boundaries in place in order to work from a place of integrity and extend the most generous interpretations of the intentions, words, and actions of others.

## **SESSION 11: RUMBLING WITH TRUST AND BRAVING**

- Build participants' understanding of trust and the use of the BRAVING checklist: Boundaries, Reliability, Accountability, Vault, Integrity, Nonjudgment, and Generosity.
- Use BRAVING to understand how/why trust may be an issue with others.
- Use BRAVING to understand how/why self-trust may be an issue.

## **SESSION 12: RUMBLING WITH GRIEF AND FORGIVENESS**

- Understand the three foundational elements of grief: loss, longing, and feeling lost.
- Understand that forgiveness is a process of taking back and healing our lives so we can truly live.

## **SESSION 13: RUMBLING WITH ANXIETY**

- Understand the three foundational elements of grief: loss, longing, and feeling lost.
- Understand that forgiveness is a process of taking back and healing our lives so we can truly live.

## **SESSION 14: RUMBLING WITH CRITICISM**

- Become clear on the people in your life whose opinions matter to you.

## **SESSION 15: THE DELTA**

- Empower participants to write a new ending to their stories through identification of key learnings that emerge by comparing their SFDs with insights from their rumble.

## **SESSION 16: ACT III – THE REVOLUTION**

- Have participants draw upon the key learnings identified in Session 15: The Delta, and throughout the Rising Strong™ workshop, to resolve how they will bravely:
- Apply their insights in their own lives.
- Take some daring steps in their families, communities, and workplaces.