

CONNECTIONS: Combatting Shame with Courage & Compassion



Do you struggle to overcome your Self-Doubt? Perfectionism?
Fear? Shame? Numbing behaviors?

Do you long for real change in your life? For connection?
For compassion? For genuineness? For belonging?

If you answered YES to any of the above questions, this
two-day, intensive workshop is for you.

Based on the work of Brené Brown, The Connections Workshop will give you the self-knowledge and skills necessary to begin to live your life in a new way. Learn about courage, compassion and connection as the antidote to common problems like shame, addiction, depression, codependency, perfectionism, self-doubt, and more. Learn how to create real change in your life with new skills for empathy, self-compassion and authenticity. This workshop is a unique opportunity to journey with others who desire to reclaim their hearts from shame in an exchange for greater joy and gratitude.

Workshop Facilitated by:

Lynette Duhe, MDiv, LPC-S, LMFT, CSAT

Lighthouse Counseling Center

In the safety of this group experience, you will:

- ✓ Claim your courage by understanding shameful feelings and actions
- ✓ Feel authentic connection with others by letting go of fear, blame and perfectionism
- ✓ Find the courage to drop your masks and be your authentic self
- ✓ Practice compassion by giving & receiving empathy, the antidote to shame
- ✓ Develop skills to empower you to live wholeheartedly

Workshop Cost: \$650

Workshop cost includes
16 hours of psycho-educational, experiential
and group work

Breakfast & Lunch both days

The Gifts of Imperfection by Brené Brown

January 8 & 9

8:30 a.m. – 5:00 p.m.

To register please contact
Lighthouse Counseling Center at 504-734-0501
Questions: lynette@lighthouse-counseling.com