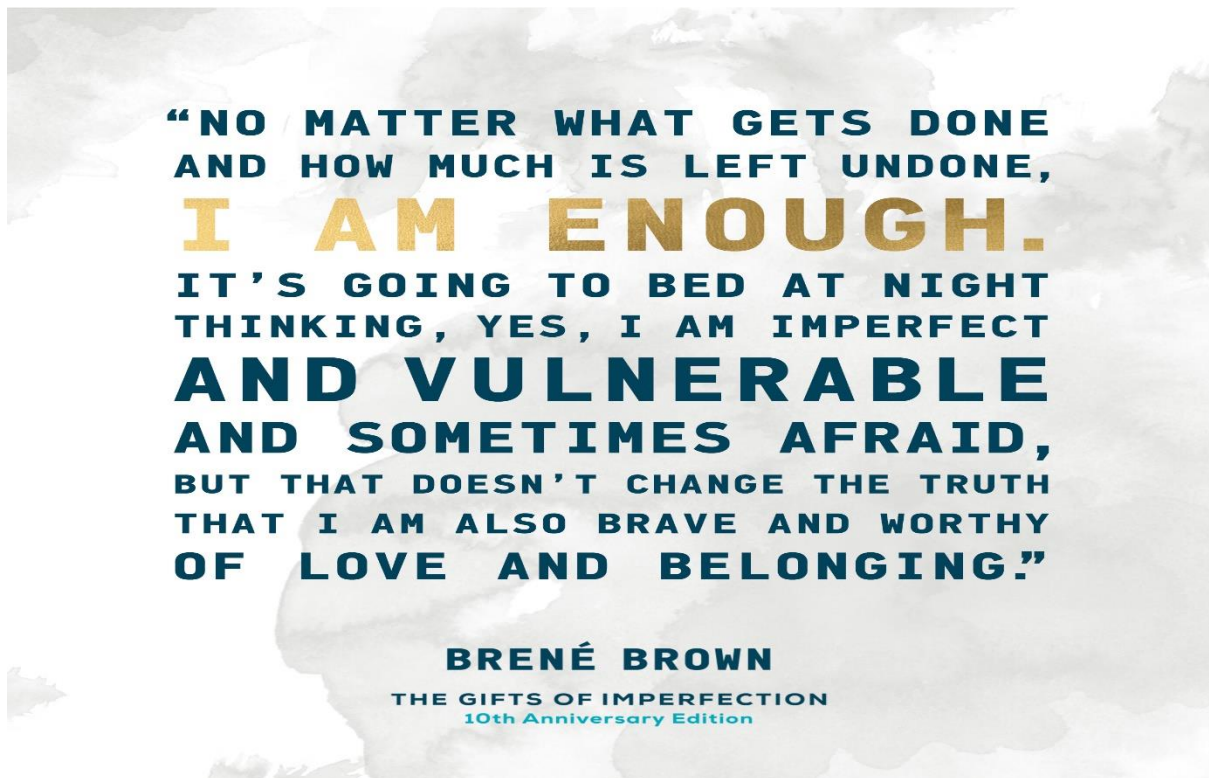


Personal Development Book Group



The Gifts of Imperfection by Brené Brown

Let Go of Who You Think You're Supposed to Be and Embrace Who You Are

What this is all about

The aim of this group is to take a deep dive into Brené Brown's book 'The Gifts of Imperfection'.

Leveraging the power of group discussions and facilitated exercises you'll come to a deeper and more meaningful personal understanding of what it means to engage with the world from a place of worthiness. This book reveals that with a little more knowledge, love and understanding of our human design, we can truly trust that we are good enough.

Dr Brené Brown, is a research professor and thought leader on connection, vulnerability, courage, worthiness and shame who first came to the public's attention with her Ted Talk on vulnerability which is among the top five Ted Talks watched in the world. [Click here for The Power of Vulnerability](#)

Everything about the research in this book resonates and feels familiar. Brené speaks for all of us because what she shares comes from the findings of thousands of interviews with diverse men and women. You will find yourself going 'me too'! Her writing oozes her mischievous, no nonsense and compassionate wisdom and you will find yourself smiling as you read along. She succeeds in both normalising the human experience and at the same time using what she has gathered from her data to offer real and practical solutions for how to engage in wholehearted living. Who isn't interested in learning more about how to live a full and rewarding life?

Here is what you need to know

We'll meet on line via video call once a week for 90 minutes over a 4 week period. Each week we'll progress through the book reviewing a number of chapters at a time. There will be guided discussions

Personal Development Book Group

and activities to give the session structure but with the flexibility to respond to what the group want to focus on.

For those of you familiar with my work on human potential, mental health, resilience and wellbeing (which is based on the fact that *'we have everything we need inside'*) this book provides further evidence for this premise and gets to the heart of what covers up our potential. Brené Brown's research speaks for itself and provides 10 clear guideposts for being our best selves.

Dates/ Times

Wednesdays: 1st, 8th, 15th and 22nd Sept. Each session is 90 minutes.

Option one: Lunch and Learn Session 12:45 – 14:15 GMT London

OR

Option two: Early Evening Session 19:00 – 20:30 pm GMT London

To join either of these groups email me at karen@karenauldassociates.com to register interest and to let me know which session suits you. Further details will follow.

Would like to take part, but the times above are not suitable, I'd be interested to know what would work for you.

Your Bit

Get the book, read the designated chapters before we review them each week. Show up and have fun. I'll supply you with additional resources, articles, podcasts, videos and suggested experiential exercises to develop the learning. These activities are all optional.

Your Investment

Total £38.00 (overseas rates may vary) Payment by electronic bank transfer or similar.

Please don't hesitate to get in touch should you have any further questions.

Karen Auld Associates

Enabling the Innate Human Capacity for Performance, Change, Insight and Resilience

Mobile: +44 (0)7713 189 515 Email: karen@karenauldassociates.com

www.karenauldassociates.com