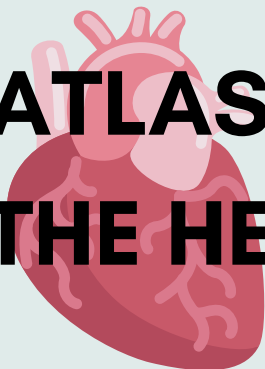


BOOKS &
belonging

A COMMUNITY FOR LIKE-HEARTED
LEADERS, THINKERS & DREAMERS

It's Back!

**ATLAS
OF THE HEART**



Brene Brown

SMALL GROUP COACHING SESSIONS

Sept. 7, 14, 21, 28;
Oct. 12, 19, 26; Nov. 2
6:00-7:00 pm EDT

chris@freshleapcoaching.com



What is Books & Belonging?

Books & Belonging is a community for people who want to expand their thinking, have a positive impact, and connect with others who feel the same. You can engage with the community via Facebook. There is also an option to engage with others in group coaching around the topics presented in the book.

Why was this book selected?

Brene Brown's nuanced definitions of emotions offers a unique way to reflect on who we are, how we show up, and how we lead. B&B participants gained so much from the summer sessions that they asked for *Atlas of the Heart* to be brought back for a more extensive period.

What value will I get?

Emotions are complex and people, especially leaders, often feel they have to keep emotions to themselves. This community offers a space to connect, unpack your emotions and create your own path forward.

How much does it cost?

\$50 reserves you a seat in the 8 virtual group coaching sessions.

Is the book covered in the fee?

No. You can choose to purchase a physical copy, listen to the audiobook, or borrow the book from the library or a friend.

What if I can't finish the book?

You will still be able to engage with the group, so don't let that stop you from joining.

How do I learn more or register?

Send an email to chrise@freshleapcoaching.com

