Beth Dunwody, CDWF

Beth is part of a community of wholehearted practitioners who believe in the power of owning our stories, and who recognize that vulnerability is our most accurate measure of courage. Having completed the clinical track of Brené Brown's National Training as a Certified Daring Way™ Facilitator in July 2014, Beth is well versed in the extensive curriculum for both The Daring Way™- designed to encourage others to Show Up/Be Seen/Live Brave™, as well as Rising Strong™, in which participants are invited to write brave new endings to the stories we tell ourselves. Beth has led workshops and weeklong retreat intensives to enthusiastic participants throughout the Southeast and in the high desert of New Mexico.
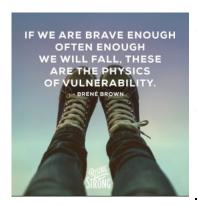
Beth has the unique ability to relate to people from all walks of life, a gift that stems from both personal life experience and a professional career that spans a diverse range of settings and roles. In the mid eighties in the midst of merger mania, she walked away from her position as a Vice President in the financial industry to start her own consulting firm as a communications consultant. With a wry grin she now refers to herself as a recovering banker.

For over a decade she worked as a producer / director, writer and storyline editor on nationally award winning projects through Bright Blue Sky Productions, which included multi-million dollar non-profit fundraising campaigns, documentaries, and educational/awareness-raising media projects. Her interviews have included rock stars, media moguls, corporate CEO's, surgeons, educators, philanthropists, and a former First Lady, as well as the homeless on the street and convicted felons within prison walls. The projects on which she has worked have been awarded multiple national TELLY awards for creative excellence, as well as dozens of regional and national ADDY and Mosaic Awards, which "recognize companies and industry leaders whose commitment to diversity and inclusion is evident through their work and actions" from the American Advertising Federation.

Beth has served on a host of boards over the years, including the Medcen Community Health Foundation (now Navicent Health Foundation) and has worked on multiple projects for Georgia Alliance of Community Hospitals.

Beth is an avid reader devoted to life long learning. Her musical tastes are as diverse as they are eclectic. For her the perfect day means rising before dawn, long walks and equal parts work and play, solitude and socializing. She loves traveling in her signature red boots, and is especially fond of the ever-changing landscape of the New Mexico desert and the misty cliffs of the Northern California coast.

Overview for Presentation to
Atlanta Chapter of the Healthcare Businesswomen's Association

The Rising Strong™ process is the same whether you are navigating personal or professional struggles. The goal of the process is to rise from our falls (*And we all fall down!*), overcome our mistakes, and face hurt in a way that brings more wisdom and wholeheartedness. Join us for a fun and informative evening, as we begin to explore how to apply this process to our own lives and in our workplaces.

        The Reckoning – *Get Curious*
        The Rumble –   *Get Honest*
        The Revolution - *Making the process a practice*

Tentative Outline for the Evening (not for publication)

-Background & Methodology of Brené Brown's Research

-Why Certified Daring Way Facilitators & my experience

-The Daring Way™ / Rising Strong™ Connection – Key elements

-Group exercise
        Identifying the story you are telling yourself in a particular situation
        Capturing your SFD & Getting Curious – The Reckoning
        Rumbling with the story – Getting honest, identifying conspiracies & confabulations
        How do we "Offload Hurt?" (examples of chandelier-ing, bouncing hurt, numbing, stockpiling,
        high-centering, the Umbridge). How does this show up in the workplace?
        Beginning to write a brave new ending – The Delta -where we find wisdom & meaning

Living Big – Boundaries, Integrity & Generosity

Recap & Concluding Comments