

Daring to be YOU

Cary Hamilton



Cary M Hamilton LMHC-S, RPT-S™, CDWF™



W

Cary M Hamilton is an LMHC, RPT-S™, NCC, CMHS, and CDWF™ and is passionate about improving the lives of children and families in her community. Cary is the Director of Antioch University Center for Play Therapy, where she enjoys sharing her knowledge and compassion with those joining the world of child/play therapy. Cary has authored chapters on sensory processing and ADHD, as well as trauma in play therapy settings. Cary is a Certified Daring Way Facilitator™ of Dr. Brenè Brown's research. She is an international/ national presenter on the power of play, sensory and neurodiversity, and compassionate connections between humans. Cary educates parents, graduate students, and professionals on a playful approach to life using the principles of play and the body-brain connection. She is a mother, wife, educator, advocate, and clinician daring to engage in play in all aspects of her authentic self.

Cary Hamilton

Daring to be you!

Courage over Comfort

-Brené Brown

Throughout your growth as a therapist/counselor, you have learned the theories, methods, and techniques to connect and heal with your clients. In doing this work, the identity of the therapist is often lost in the chaos. This course allows you to pause and to reorient and determine your values of living a brave authentic life, bringing your whole self into your practice. You will identify, practice, and own your values in all that you do personally and professionally. When you can live in your values, you stay true to yourself and have a compass, a guiding light for the decisions you make, big and small. When you can live in your values, life becomes more fulfilling, decisions come easier, and you light your path of self-compassion and love. This masterclass is to engage you fully in the “arena” of life. To do this, you must first know where to stand strong, be brave, and see your guiding light.

*“There are no guarantees in the arena. We will struggle. We will even fail.
There will be darkness.”*

*“But if we are clear about the values that guide us on our efforts to show up
and be seen, we will always be able to find the light.
We will know what it means to live brave.”*

-Brené Brown

Through this course, you will engage in thoughtful "arena" work targeted at identifying the values you want to live in and steps to take to ensure you are living a brave authentic life *-personally and professionally.*

We will apply the principles of Dr. Brené Brown to identify and practice your values. By living in your values, you have a compass and guiding light for the decisions you make. This master course will engage you to learn, reflect, and practice your values.



Cary Hamilton
2

"It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly."

-Theodore Roosevelt



Reflect

Be honest in your thoughts & feelings

Question 1: Where do you want to show up, be seen, and live brave?
Personally & Professionally?

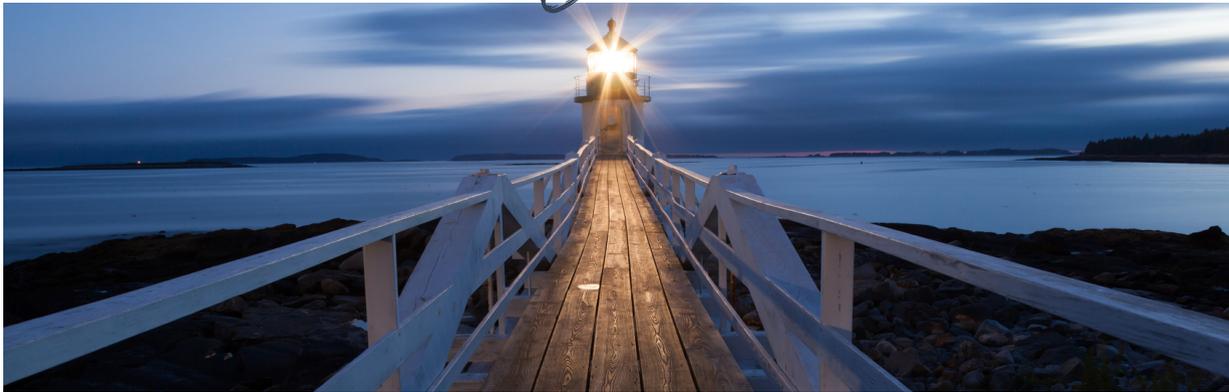
Question 2: What have you tried and been unsuccessful in?
What could have been different?

Question 3: Define success for yourself in this course?

Cathy Hamilton

Reflect on Learning

Identifying Values



1.) WHEN SELECTING YOUR VALUES, PONDER:

- Does this define me?
- Is this who I am at my best?
- Is this a filter that I use to make hard decisions?
- How do I practice this in my life presently?



2.) DEFINITION OF COUR-AGE [KUR-IJ], NOUN:

- Asking for what you need
- Speaking your truth
- Owning your story
- How is COURAGE defined in your mind?
- Setting boundaries
- Reaching out for support

List of Values

Accountability	Fun	Perseverance
Achievement	Generosity	Personal fulfillment
Adaptability	Giving back	Power
Adventure	Grace	Pride
Altruism	Gratitude	Recognition
Authenticity	Growth	Reliability
Balance	Harmony	Resourcefulness
Beauty	Health	Respect
Being the best	Home	Responsibility
Belonging	Honesty	Risk-taking
Career	Hope	Safety
Caring	Humility	Security
Collaboration	Honor	Self-discipline
Commitment	Inclusion	Self-expression
Community	Independence	Self-respect
Compassion	Initiative	Serenity
Competence	Integrity	Service
Confidence	Intuition	Simplicity
Connection	Job security	Spirituality
Contentment	Joy	Sportsmanship
Contribution	Justice	Stewardship
Cooperation	Kindness	Success
Courage	Knowledge	Teamwork
Creativity	Leadership	Thrift
Curiosity	Learning	Time
Dignity	Legacy	Tradition
Diversity	Leisure	Travel
Efficiency	Love	Trust
Environment	Loyalty	Truth
Equality	Making a difference	Understanding
Ethics	Nature	Uniqueness
Excellence	Openness	Usefulness
Fairness	Optimism	Vision
Faith	Order	Vulnerability
Family	Parenting	Wealth
Financial stability	Patience	Wellbeing
Forgiveness	Patriotism	Wholeheartedness
Friendship	Peace	Wisdom
		Write in your own:

Cathy Hamilton

Finding your Values

Your Values Light The Way

DEFINING YOUR GUIDING LIGHT - YOUR "LANTERN"

Cathy Hamilton

1. **THE FLAME:** Identify 1-2 values that really light the way for you. The values that help me find my way in the dark are:

1.

2.

2. **PROTECTING THE FLAME:** All lanterns have items that protect the flame. What are your specific behaviors that support and protect your values?

Who are the people you want to put around you who support and protect your values?

3. **THE HANDLE:** When we're in a struggle or feeling overwhelmed, we set down the lantern and walk away from it. We feel like we're already carrying too much. But without the light of the lantern (the clarity of our values), it can get very dark very quickly. Identify the behaviors that can serve as a red flag that you've walked away from your light and your values.

I know I'm in trouble when:

I know I've lost my way when:

I know I'm out of alignment with my values when:

Your Guiding Light

Your Values Light The Way

DEFINING YOUR GUIDING LIGHT - YOUR "LANTERN"

4. RADIATING LIGHT: When was a time you embodied your values? Give real specific examples.³

5. MINDING THE GAP: Are you showing up in a way that is aligned with your values? If yes, how? If no, what's getting in the way?

If you do close the divide and "walk the talk," what positives could result from living in your values? Personally? Professionally?

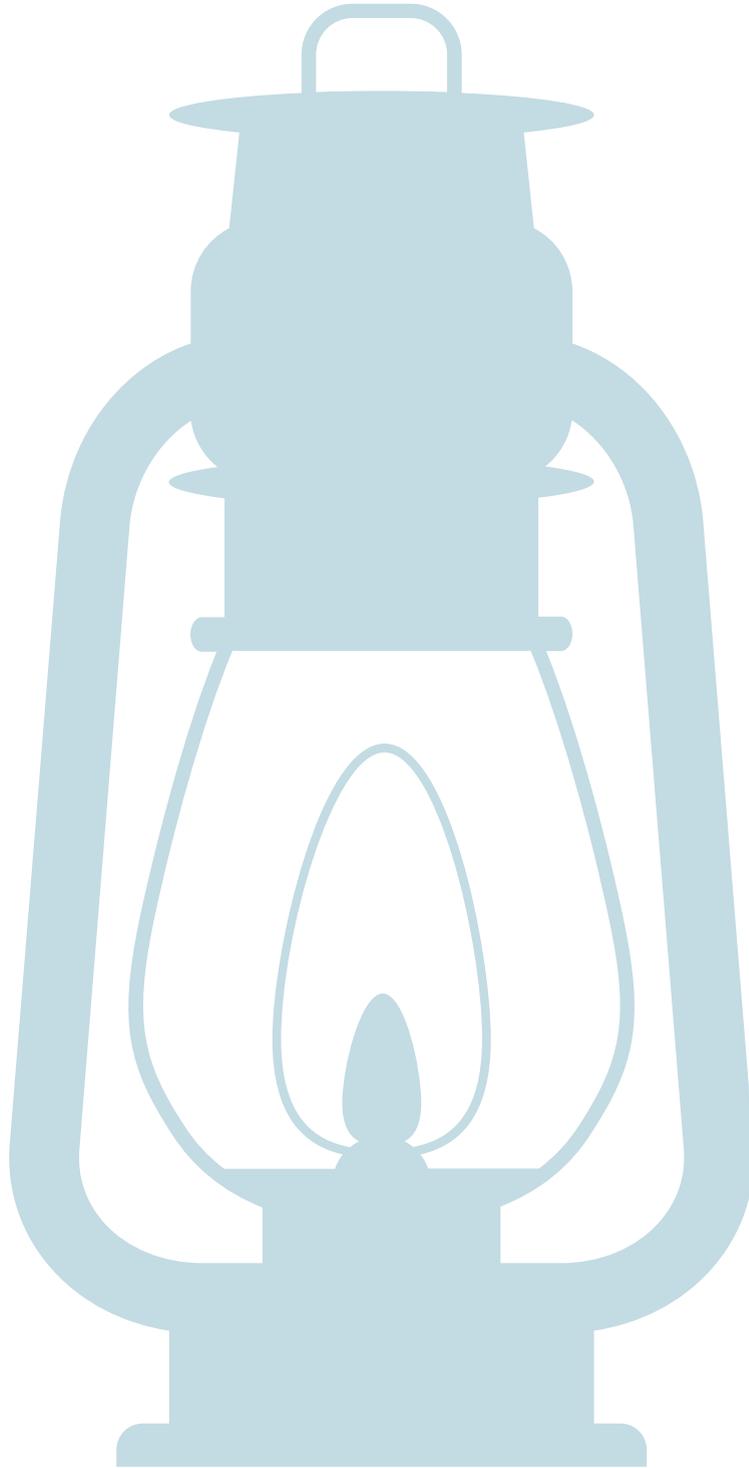
Carly Hamilton

Your Guiding Light ∞

Your Values Light The Way

DEFINING YOUR GUIDING LIGHT - YOUR "LANTERN"

Cathy Hamilton



Your Guiding Light



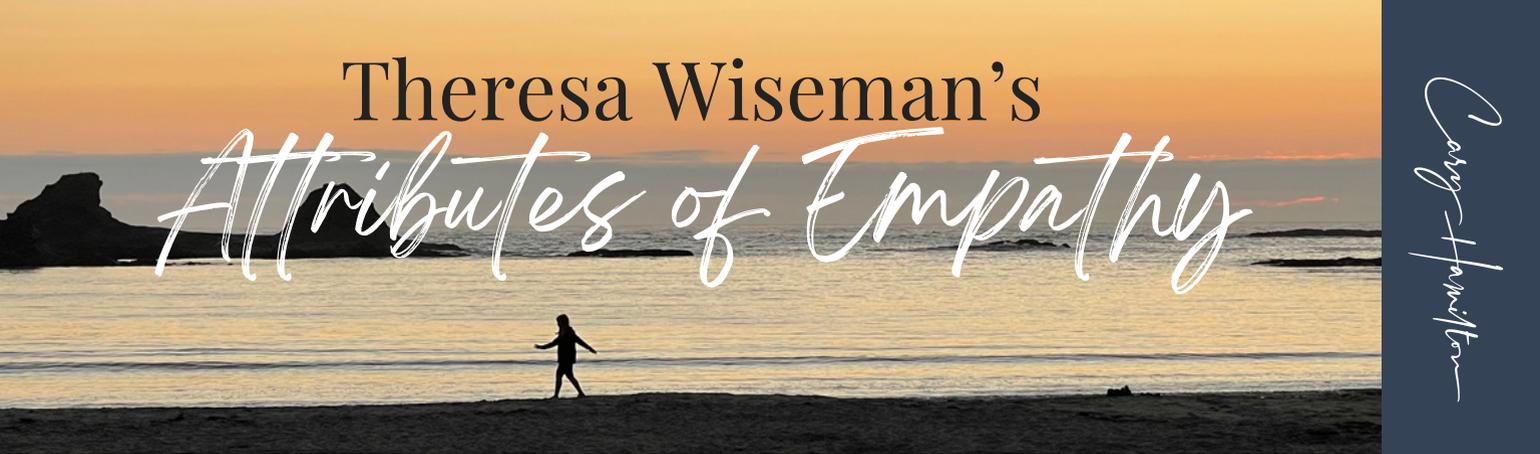
Kristen Neff's
Self-Compassion

Cathy Hamilton

Self-Kindness
Common Humanity
Mindfulness

*Do I talk to myself the way I
talk to someone I love?*

Self-Compassion



Theresa Wiseman's

Attributes of Empathy

- PERSPECTIVE TAKING
- STAY OUT OF JUDGMENT
- RECOGNIZE EMOTION
- COMMUNICATE EMOTION
- MINDFULNESS (Kristin Neff)

Question 1: How do I demonstrate empathy for myself?

**Question 2: Which area do I struggle with most?
Personally? Professionally?**

B.R.A.V.I.N.G.

An acronym that explains the elements of trust with others & within ourselves. We are going to identify your trust elements. Trusting ourselves & others allows us to live most successfully in our VALUES and provides us guideposts in areas we need more awareness of & make changes if needed.



BOUNDARIES: You respect my boundaries, and when you're not clear about what's okay and not okay, you ask. You're willing to say no.

Describe below how you use your values and stay within the boundaries of trust as defined above.

B.R.A.V.I.N.G.

Cathy Hamilton

An acronym that explains the elements of trust with others & within ourselves. We are going to identify your trust elements. Trusting ourselves & others allows us to live most successfully in our VALUES and provides us guideposts in areas we need more awareness of & make changes if needed.



RELIABILITY: You do what you say you'll do. This means staying aware of your competencies and limitations so you don't overpromise and are able to deliver on commitments and balance competing priorities.

Describe below how you use your values and stay in reliability of trust as defined above.

Braving-Reliability

B.R.A.V.I.N.G.

An acronym that explains the elements of trust with others & within ourselves. We are going to identify your trust elements. Trusting ourselves & others allows us to live most successfully in our VALUES and provides us guideposts in areas we need more awareness of & make changes if needed.



ACCOUNTABILITY: You own your mistakes, apologize, and make amends.

Describe below how you use your values and stay in accountability of trust as defined above.

B.R.A.V.I.N.G.

Cathy Hamilton

An acronym that explains the elements of trust with others & within ourselves. We are going to identify your trust elements. Trusting ourselves & others allows us to live most successfully in our VALUES and provides us guideposts in areas we need more awareness of & make changes if needed.



VAULT: You don't share information or experiences that are not yours to share. I need to know that my confidences are kept and that you're not sharing with me any information about other people that should be confidential.

Describe below how you use your values and stay in the vault of trust as defined above.

Braving-Vault

B.R.A.V.I.N.G.

Cathy Hamilton

An acronym that explains the elements of trust with others & within ourselves. We are going to identify your trust elements. Trusting ourselves & others allows us to live most successfully in our VALUES and provides us guideposts in areas we need more awareness of & make changes if needed.



INTEGRITY: You choose courage over comfort. You choose what is right over what is fun, fast, or easy. And you choose to practice your values rather than simply professing them.

Describe below how you use your values and stay in integrity of trust as defined above.

BraVing- Integrity

B.R.A.V.I.N.G.

An acronym that explains the elements of trust with others & within ourselves. We are going to identify your trust elements. Trusting ourselves & others allows us to live most successfully in our VALUES and provides us guideposts in areas we need more awareness of & make changes if needed.



NON JUDGMENT: I can ask for what I need, and you can ask for what you need. We can talk about how we feel without judgment.

Describe below how you use your values and stay in non judgment of trust as defined above.

B.R.A.V.I.N.G.

An acronym that explains the elements of trust with others & within ourselves. We are going to identify your trust elements. Trusting ourselves & others allows us to live most successfully in our VALUES and provides us guideposts in areas we need more awareness of & make changes if needed.



GENEROSITY: You extend the most generous interpretation possible to the intentions, words, and actions of others.

Describe below how you use your values and stay in generosity of trust as defined above.



Your Guiding Light & Compass

Bringing your values forward in both "arenas" personally & professionally takes COURAGE. It is a habit to put your lantern down in one if not both arenas, not trusting in your guiding light. You have a compass now, particularly when you provide yourself with empathy and self-compassion. BRAVING in your interpersonal relationships using your lantern takes COURAGE to Dare to Be You- Personally & Professionally!

Question 1: Personally, I want to dare to be my authentic self in this way...

Question 2: Professionally, I want to dare to be my authentic self in this way...

Cathy Hamilton

Guiding Light & Compass



Cary Hamilton

Pulling it all together. You have identified your values to be your guiding light personally & professionally. Let's create your manifesto creatively in words, art, or any self-expression needed to be your mantra for this authentic, courageous work moving forward.

Manifesto

Be Curious. Be Connected. Be You.
Cary Hamilton

Thank You...

You chose this masterclass to start the process of becoming your most authentic self, personally and professionally, by identifying your guiding light of values and learning BRAVING to build continuity in your interpersonal relationships.

This is just the beginning of your courageous journey to live bravely and authentically. Join me for future classes on Shame Resilience of Daring Greatly, Rising Strong, & Gifts of Imperfection.

With Gratitude,

Cary Hamilton



 @olympiaplaytx