

TED Talk Tuesday - November 24

1. Go to Ted.com
2. Click on the search icon- upper right hand corner (Magnifying glass)
3. For this week type in: Listening to Shame

Presenter: Brene Brown

https://www.ted.com/talks/brene_brown_listening_to_shame

Join us on Zoom at 6:30pm

Zoom link: <https://us02web.zoom.us/j/83139881188>

Question 1.

Brené said that “*shame is the swampland of the soul.*” Now that you have seen her second talk, how do you think shame affects you?

Question 2.

Three things that grow shame are secrecy, silence, and judgement. Talk about this.