

dare to lead™

Dr. Brené Brown, a research professor at the University of Houston and five-time New York Times best-selling author, spent the last seven years researching leadership and organizational cultures.

She interviewed 150 global C-suite level executives on the future of leadership, asking, "What, if anything, about the way people are leading today, needs to change in order for leaders to be successful in a complex, rapidly changing environment?" Brené wrote in her 2018 book, *Dare To Lead*, "There's one answer across the interviews: We need braver leaders and more courageous cultures."

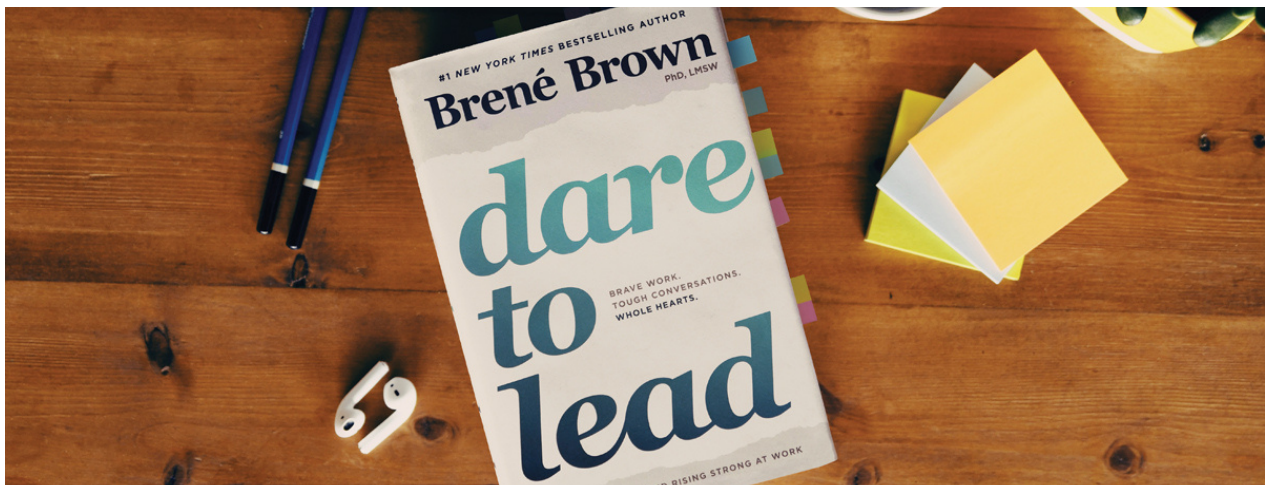
The most significant finding that emerged from her research is that courage is a collection of four skill sets that are 100% teachable, measurable, and observable. This is good news! Based on this, Brené developed **Dare to Lead™** – an empirically based courage-building program. It's a game-changer for leaders at all levels.

Dare to Lead™ includes facilitation, self-reflection, practical activities, dialogue, and short videos hosted by Brené on the four courage-building skill sets:

- **Rumbling With Vulnerability:** Facing risk, uncertainty, and emotional exposure with courage and clarity
- **Living Into Our Values:** Identifying, operationalizing, and practicing the beliefs that we find most important.
- **BRAVING Trust:** Creating or deepening connections in relationships and teams based on the seven elements of trust.
- **Learning To Rise:** Learning and growing from the failures, setbacks, and disappointments that are inevitable when we are brave with our lives.

Daring leaders are self-aware, know how to have hard conversations, hold themselves and others accountable, build trust, lead with empathy and connection, take smart risks that lead to innovation, reset quickly after disappointments and setbacks, and give and receive feedback – especially when it's tough.

Leadership is not about titles or the corner office. It's about the willingness to step up, put yourself out there, and lean into courage. The world is desperate for braver leaders. It's time for all of us to step up. Let's choose courage over comfort together!



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As a Certified Dare To Lead™ Facilitator and Co-Active™ Coach, I help people cultivate these courage building skills through interactive presentations, workshops, training, and coaching. On successful completion of the full 24-hour curriculum, participants receive a certificate recognizing their completion and may put a Dare To Lead™ Trained badge on their LinkedIn account.

Brave Work. Tough Conversations. Whole Hearts.