

# *dare to lead*<sup>TM</sup>

BRAVE WORK. TOUGH CONVERSATIONS. WHOLE HEARTS.

*Welcome!*

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#1 NEW YORK TIMES BESTSELLING AUTHOR  
**Brené Brown**  
PhD, LMSW

# dare to Lead

BRAVE WORK.  
TOUGH CONVERSATIONS.  
WHOLE HEARTS.

DARING GREATLY AND RISING STRONG AT WORK



*courage*

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*comfort*













## Stress RULER

*“On a scale of 0–10, how bothersome has your stress been?”*

**0**

**1**

**2**

**3**

**4**

**5**

**6**

**7**

**8**

**9**

**10**

Not at All  
Bothersome

A Little  
Bothersome

Somewhat  
Bothersome

Very  
Bothersome

Extremely  
Bothersome

Source: U.S. Department of Veteran Affairs, 2010.



*Stress*  
*is*  
*contagious*

*courage*

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*comfort*



*“We need **braver** leaders.  
We need more **courageous** cultures.”*

Years of research

400,000 pieces of data

150+ interviews

Source: Dare to Lead, Brené Brown, 2018

# *Conversations*



*Call to courage?*



RUMBLING with Vulnerability

LIVING into Our Values

BRAVING Trust

LEARNING to Rise

*the four skill sets of courage*

*dare to lead*<sup>TM</sup>

*Skill #1*

***Rumbling with Vulnerability***



# *Vulnerability*

—

Uncertainty, risk, and emotional exposure.

**Brené Brown**



Lean into the  
discomfort of the work.

Brené Brown

# *dare to lead*<sup>TM</sup>

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*Skill #2*

***Living into our Values***

*You can't live into  
what you can't  
name and describe.*

- Brené Brown



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*Skill #3*

***BRAVING Trust***



“Clear is kind. Unclear is unkind.”

—Brené Brown—

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*Skill #4*

***Learning to Rise***



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*courage*

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*comfort*

*Courage  
is  
contagious*

*“We need **braver** leaders.  
We need more **courageous** cultures.”*

Source: Dare to Lead, Brené Brown, 2018

# hope to see you again

SIGN UP NOW!

Leadership Consultant &  
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