

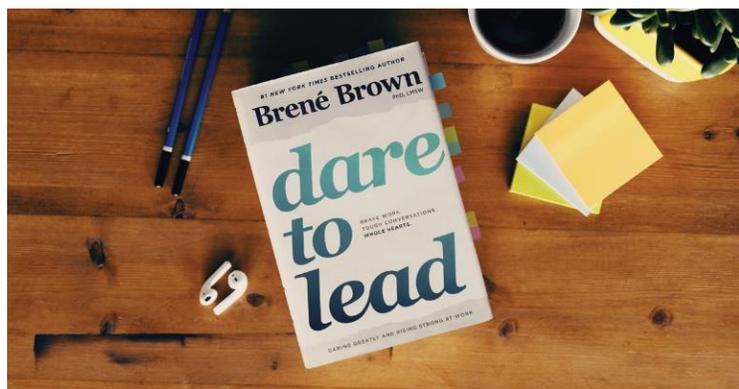
dare to lead™

Dr. Brené Brown, a research professor at the University of Houston and four-time New York Times best-selling author, spent 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 was one answer across the interviews: We need braver leaders and more courageous cultures.”

Based on her research, 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 teachable, observable, and measurable courage 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 hold 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.



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As a Certified Dare to Lead™ Facilitator, I help people develop these courage-building skills through interactive presentations, workshops, trainings, and coaching. On successful completion of the full 16-hour curriculum, participants receive a certificate recognizing their completion of the training and may put a Dare to Lead Trained badge on their LinkedIn account.

Brave work. Tough conversations. Whole hearts.