

*dare to lead*TM

Based on the research of Brené Brown

Training Overview

About The Dare To Lead Program

Dr. Brené Brown completed a seven-year study on courageous leadership where she found that the future of organizations demands braver leaders and more courageous cultures. *Dare to Lead*TM is an empirically based courage-building program that focuses on a collection of four skill sets that are teachable, measurable and observable to help individuals, teams and organizations move from armored leadership to daring leadership.

Dr. Brené Brown is a research professor at the University of Houston where she holds the Huffington Foundation – Brené Brown Endowed Chair at The Graduate College of Social Work. Brené is also a visiting professor in management at The University of Texas at Austin McCombs School of Business. She has spent the past two decades studying courage, vulnerability, shame, and empathy and is the author of five #1 New York Times bestsellers: *The Gifts of Imperfection*, *Daring Greatly*, *Rising Strong*, *Braving the Wilderness*, and her latest book, *Dare to Lead*.

Brené hosts the *Unlocking Us* Podcast and the *Dare to Lead* Podcast. Her TED talk – The Power of Vulnerability – is one of the top five most viewed TED talks in the world with over 50 million views. She is also the first researcher to have a filmed lecture on Netflix. *The Call to Courage* special debuted on the streaming service in April 2019.

Further information is available at <https://daretolead.brenebrown.com>

Dr. Rosie Ward is one of a select group of 700 facilitators personally trained and certified by Brené Brown in 2019 to facilitate her Dare to Lead™ curriculum. Since that time over 30,000 people across every continent have completed the courage-building program. As a result of evaluation data, the Dare to Lead curriculum has been updated to Version 2.0 and includes updated content and pre-assessment work.

Completion of the full program earns participants the ability to say they are *Dare to Lead™ Trained* and receive a special certificate of completion and a badge they can use on their LinkedIn profile.

Learning Objectives:

As a result of this workshop, you will be able to:

1. Recognize vulnerability as the emotion we feel during times of uncertainty, risk, and emotional exposure
2. Explain why courage requires vulnerability
3. Establish a clearer link between what you learned and behaviors you want to change
4. Recognize the critical role that self-awareness plays in daring leadership
5. Give examples to support how armor - not fear - is the greatest obstacle to daring leadership
6. Identify the four skill sets that make up courage: rumbling with vulnerability, living into our values, BRAVING trust, and learning to rise.
7. Recognize that courage is a collection of four skill sets that are measurable, observable, and teachable
8. Recognize that vulnerability is the birthplace of many of the behaviors that define daring leadership, including creativity, accountability, and difficult conversations
9. Give examples of why daring leadership requires showing up for hard conversations and rumbles, including giving and receiving feedback

***Note: Only HRCI credits will be available**

Dare to Lead Training Agenda

8 Sessions, 2.5 Hours Each (includes a 10-minute break)

Session 1: Introduction - Brave Leaders & Courage Cultures

- **Lesson 1** - The Heart of Daring Leadership
- **Lesson 2** - Armored versus Daring Leadership

Session 2: Brave Leaders & Courage Cultures (cont.); Rumbling with Vulnerability

- **Lesson 3** - Self-Awareness & Emotional Literacy
- **Lesson 4** - The Myths of Vulnerability

Session 3: Rumbling with Vulnerability (cont.)

- **Lesson 5** - Shame Resilience
- **Lesson 6** - Empathy and Self-Compassion
- **Lesson 7** - Armored Leadership to Daring Leadership Circle Back

Session 4: Living into Our Values

- **Lesson 8** - Living into Our Values
- **Lesson 9** - Grounded Confidence and Rumbling Skills

Session 5: Living into Our Values (cont.)

- **Lesson 10** - Engaged Feedback
- **Lesson 11** - Armored Leadership to Daring Leadership Circle Back

Session 6: BRAVING Trust

- **Lesson 12** - BRAVING Trust
- **Lesson 13** - Armored Leadership to Daring Leadership Circle Back

Session 7: Learning to Rise

- **Lesson 14** - Learning to Rise: The Reckoning
- **Lesson 15** - The Rumble and The Revolution

Session 8: Integration; Closings

- **Lesson 16** - Integration