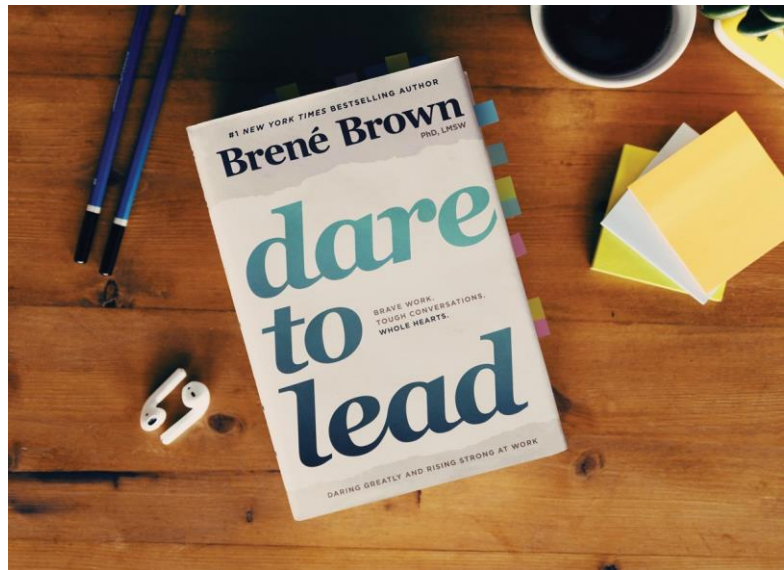


**Dare to Lead™** is a courage building program developed by Dr. Brené Brown. Participants learn the foundational skills that enable them to choose courage over comfort, instead of what is fast and easy.

As a certified **Dare to Lead™** facilitator our focus is on creating a safe and open learning environment where you will become more self-aware, embrace being authentic, and learn the skills necessary to be a courageous leader.

# Dare to Lead™

## Daring Greatly and Rising Strong at Work



### PROGRAM OVERVIEW

Dr. Brené Brown has spent 20 years studying daring leadership. Her research includes more than 400,000 pieces of data, experiences inside of hundreds of organizations, and interviews with 150 global C-level leaders on the future of leadership. The research indicates that the demands on leaders today are very different than they were 10-15 years ago.

#### *Leaders today are called to:*

- manage uncertainty and complexity,
- navigate the unrelenting pace of change,
- meet an insatiable need for innovation,
- stay grounded with seemingly unmanageable changes,
- constantly shift goals and expectations, and
- lead people through discomfort.

The **Dare to Lead™** program teaches the skills needed to lead effectively in this environment. It is an empirically based courage-building program designed to be facilitated by organizational development professionals. The most significant finding from Brené's latest research is that courage is a collection of four skill sets that are teachable, measurable, and observable. The **Dare to Lead™** program focuses on developing these courage-building skills through workshops, trainings, and coaching to help individuals, teams, and organizations move from armored leadership to daring leadership.



# *dare to lead*<sup>™</sup>

*Based on the research of Brené Brown*

## **Skill Sets**

Dare to Lead<sup>™</sup> is an empirically based courage-building program designed to be facilitated by organizational development professionals. The most significant finding from Brené's latest research is that courage is a collection of four skill sets that are teachable, measurable, and observable. The Dare to Lead<sup>™</sup> program focuses on developing these courage-building skills through workshops, trainings, and coaching to help individuals, teams, and organizations move from armored leadership to daring leadership.

### **BRAVING Trust**

Trust is a learned skill and is the culmination of seven essential elements: Boundaries, Reliability, Accountability, Vault, Integrity, Non-judgment, and Generosity (B.R.A.V.I.N.G.)

Participants will practice a framework for building trust and learn to use that framework to guide (hard) conversations with others.

### **Learning to Rise**

Learning to Rise requires recognizing that, as leaders, we are also human. We get hooked by emotion and inadvertently offload hurt, anger, or anxiety. The way we deal with our emotions can quickly derail effective leadership.

Participants will learn how to own their stories, how to deal with the emotions attached to them, and how to bounce back after failure.

### **Rumbling with Vulnerability**

Vulnerability is the emotion we experience during times of uncertainty, risk and emotional exposure. Many of us were taught that vulnerability is weakness.

Vulnerability is absolutely required to be a courageous leader (and human). It's the willingness to show up and be seen when we don't know the outcome. Participants will learn how to get comfortable with the discomfort of vulnerability, earning grounded confidence and courage.

### **Living Into Our Values**

Values are the beliefs that are most important to us, that help us find our way in the dark, and fill us with a feeling of purpose. Since we know it's easier to talk about values than to live them, participants will identify their guiding values and clearly name the behaviors that are required to live them.



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## Workshops & Presentations

The full Dare to Lead<sup>™</sup> program is delivered over three full days or over six days (four hours/day) in which participants dive deeply into each of the four skill sets. Once the training is completed, participants will receive a certificate. Select skill set sessions may be separated and delivered via short, customized workshops or presentations.

## FAQs

### What will participants get out of the program?

By the end of the program, participants will have a knowledge of the four skill sets of courageous leadership and an understanding of how to implement them.

### Why is the program taught in groups?

The group coaching format is an important element of the curriculum. The format builds rapport among participants and fosters the development of a new support network that we hope will continue to benefit participants long after the program has ended.

## About Brené Brown

Brené 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*, which is the culmination of a seven-year study on courage and leadership.

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



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