

## Book Discussion – Dare to Lead by Brené Brown

with

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*“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.”*

– Brené Brown

### Vulnerability

- **Definitions**
  - **Vulnerability** is the emotion that we experience during times of uncertainty, risk, and emotional exposure
  - A **rumble** is a discussion, conversation, or meeting
  - The few, select people you most respect and who love you because of your vulnerabilities and imperfections, are your **square squad**
- Meditation and breath-work can help when you’re feeling vulnerable
- Fear of failure can make you vulnerable, but it can also energize you to do better
- To allow for vulnerable conversations, create a safe space for your team

### Values

- Identify your **core values** (p. 188) and use them as a lens through which to live your personal/professional life
- Living and acting in alignment with your core values is fulfilling and helps when you are tested
- Find core values that make you passionate and shape how you make decisions

### Trust

- The acronym BRAVING breaks down trust into seven elements:
  - **B**oundaries, **R**eliability, **A**ccountability, **V**ault, **I**ntegrity, **N**onjudgment, **G**enerosity
- Don’t let your boss fail you - ask for help and for specific feedback
- Anybody can be a leader - ideas and voices can come from anywhere on your team

### Rising from defeat

- “We have to teach people how to land before they jump. We can’t expect people to be brave and risk failure if they aren’t prepped for hard landings.”
- As a leader model behavior you want to see on your teams
- Training, coaching and mentoring can help with learning how to fail
- Failure is another learning experience, use your energy for improvement

Visit the [Dare to Lead Hub](#) for more resources to put this book further into action.