



# Dare To Lead™

## Summary

### Overview |

This intensive two-day workshop will focus on the latest research of Dr. Brené Brown. Strengthen your personal and professional courage by learning four distinct skill sets designed to instill the foundation of daring leadership. Understand the power of vulnerability and use your values to communicate, collaborate and lead with respect and integrity.

Join Sarah Ciavarrri, a Certified Dare to Lead™ Facilitator, for an interactive two-day workshop focused on the latest research of Dr. 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. She has spent the past two decades studying courage, vulnerability, shame, and empathy, and most recently completed a seven-year study on courageous leadership. She 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 also debuted at #1 on The Wall Street Journal and Publisher's Weekly list.

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. This two-day workshop will focus on developing these courage-building skills to help leaders move from armored leadership to daring leadership.

What does it take to remain calm and engaged in conflict, to find continual meaning and purpose in work, and to have grounded confidence? We will explore critical moments in leadership and how the stories we create about them influence not only our self-understanding as leaders but also our actions and behaviors. Through self-exploration, large and small group discussion we will learn new patterns of critical awareness and practices that will empower leaders to live and lead authentically with increased courage and connection.



# Dare To Lead™

## Summary

### Who Should Attend |

Those who are looking to improve their interpersonal skills

Those who manage, inspire, and train teams

Those who want to live and lead from an inspired authentic grounding

Social work professionals, human resource professionals, healthcare professionals, managers, supervisors, executives, team leads, teachers, administrators, pastors, chaplains

### Participant Takeaways |

A greater clarity about how professional and personal growth relate to authentic life and leadership

An increased understanding about how personal values guide leadership, communication and decision-making

Learning and practicing healthy strategies to use when strong emotions hijack our executive functioning

A honed critical awareness about the cultural myths surrounding vulnerability and why this is important to leading, training and communicating with others

An increased awareness and understanding of the seven attributes of trust and how to apply them to leadership

An increased capacity for curiosity, bouncing back from adversity, grounded confidence for managing conflict, and openness to create professional value-driven cultures where people thrive