

Dare to Lead – Brené Brown

Meeting Schedule and Agenda

“A Leader is anyone who takes responsibility for finding the potential in people and processes and has the courage to develop that potential. 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

Meeting 1 – June 16, 2021 (5:30 to 6:30 PM)

Before we meet:	<p>Read Introduction and Part 1: Rumbling with Vulnerability, Section 1, pages 1-43</p> <p>Complete Introduction Exercise 3: What Stands in the Way Becomes the Way</p> <p>Complete Section 1 Exercise 1: Square Squad</p> <p>Complete Section 1 Exercise 2: The Six Myths of Vulnerability (to share with group)</p>
Meeting Agenda:	<p>Introduction Exercise 1: Permission Slips</p> <p>Introduction Exercise 2: Container Building</p> <p>Section 1 Exercise 2: The Six Myths of Vulnerability (Round robin answers to #7 and #8)</p>

Meeting 2 – July 7, 2021 (5:30 to 6:30 PM)

Before we meet:	<p>Read Part 1: Rumbling with Vulnerability, Sections 2-3, pages 44-117</p> <p>Complete Section 2 Exercise 1: Assembling Your Armor</p> <p>Complete Section 2 Exercise 3: Gritty Faith and Gritty Facts</p> <p>Complete Section 2 Exercise 4: Care and Connection</p>
Meeting Agenda:	<p>Section 2 Exercise 2: The Cave You Fear to Enter</p> <p>Section 3 Exercise 1: Armored Leadership versus Daring Leadership</p>

Meeting 3 – July 28, 2021 (5:30 to 6:30 PM)

Before we meet:	<p>Read Part 1: Rumbling with Vulnerability, Section 4-5, and Part 2: Living Into Our Values, pages 118-217</p> <p>Complete Section 4 Exercise 1: Understanding Shame</p> <p>Complete Section 4 Exercise 4: Emotional Literacy</p> <p>Complete Section 4 Exercise 5: Empathy in Practice</p> <p>Complete Section 4 Exercise 6: Shame Shields</p> <p>Complete Section 5 Exercise 1: Rumble Starters</p>
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	<p>Complete Section 5 Exercise 2: Horizon Conflict</p> <p>Complete Part 2 Exercise 1: Values Clarification</p>
Meeting Agenda:	<p>Section 4 Exercise 2: How Does Shame Show Up at Work?</p> <p>Section 4 Exercise 3: What Does Empathy Look Like?</p> <p>Part 2 Exercise 2: Taking Values from BS to Behavior (Share the 3 answers for each value only and complete the rest individually outside of meeting time)</p>

Meeting 4 – August 18, 2021 (5:30 to 6:30 PM)

Before we meet:	<p>Read Part 3: Braving Trust and Part 4: Learning to Rise, pages 219-272</p> <p>Complete Part 3 Exercise 1: Operationalizing BRAVING</p> <p>Complete Part 4 Exercise 2: Off-loading Strategies</p> <p>Complete Part 4 Exercise 3: The Reckoning, The Rumble and The Revolution</p>
Meeting Agenda:	<p>Part 2 Exercise 3: Engaged Feedback Checklist</p> <p>Part 4 Exercise 1: Getting Hooked</p> <p>Share: What are 2-3 skills from Dare to Lead that you are committed to working on?</p>