Lessons and Objectives for Dare To Lead™ Training and Workshops

The Heart of Daring Leadership

➢ Articulate the definition of a leader as someone who takes responsibility for finding the potential in people or processes and has the courage to develop that potential
➢ Learn that daring leadership requires four sets of skills that can be learned: rumbling with vulnerability, living into our values, braving trust, and learning to rise.
➢ Begin practicing how to ask for what you need, set boundaries, and reach out for support.

Rumbling With Vulnerability

➢ Determine your call to courage as a leader.
➢ Define vulnerability as uncertainty, risk, and emotional exposure.
➢ Understand the role of courage and vulnerability in daring leadership.
➢ Challenge old definitions and dispel the myths surrounding the concept of vulnerability.
➢ Understand and begin to utilize the metaphor of the arena to examine the challenges associated with feeling vulnerable or with engaging in behaviors that lead to uncertainty, risk, and emotional exposure.

Shame

➢ Define shame and learn to recognize the physiological sensations that accompany experiences of shame.
➢ Differentiate between the four self-conscious emotions; shame, guils, humiliation, and embarrassment.
➢ Understand the concept of shame shields and the shame shields that you are most likely to use in specific situations.
➢ Learn to recognize how shame, scarcity, and comparison show up in the workplace and how they affect engagement, trust, and connection.

Empathy

➢ Understand the components of empathy and recognize common barriers to empathy (empathetic misses) that interfere with meaningful connection.
➢ Recognize the importance of emotional literacy for effective communication and connection.

Armored Leadership versus Daring Leadership

➢ Recognize the armor that gets in the way of daring leadership
➢ Develop an understanding of the behaviors that characterize daring leadership as compared to armored leadership.

Grounded Confidence and Rumbling Skills

➢ Learn how curiosity and rumble skills can be practiced to develop grounded confidence.