

# *dare to lead*<sup>TM</sup>

BRAVE WORK. TOUGH CONVERSATIONS. WHOLE HEARTS.

**Amy Lenecker**

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Leadership Consultant &  
Certified Dare to Lead<sup>TM</sup>  
Facilitator

**Thank you!**

**BRAVING Trust**  
**when it matters most**

**courage**

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**comfort**

# *3 asks*

1. Take care of yourself.
2. Take care of each other.
3. Reduce Zoom fatigue!

#1 NEW YORK TIMES BESTSELLING AUTHOR  
**Brené Brown**  
PhD, LMSW

# dare to lead

BRAVE WORK.  
TOUGH CONVERSATIONS.  
WHOLE HEARTS.

DARING GREATLY AND RISING STRONG AT WORK

# Our Goals

1. Why is trust important?
2. Explore BRAVING trust.
3. Have fun & connect!

# *Connection*

—

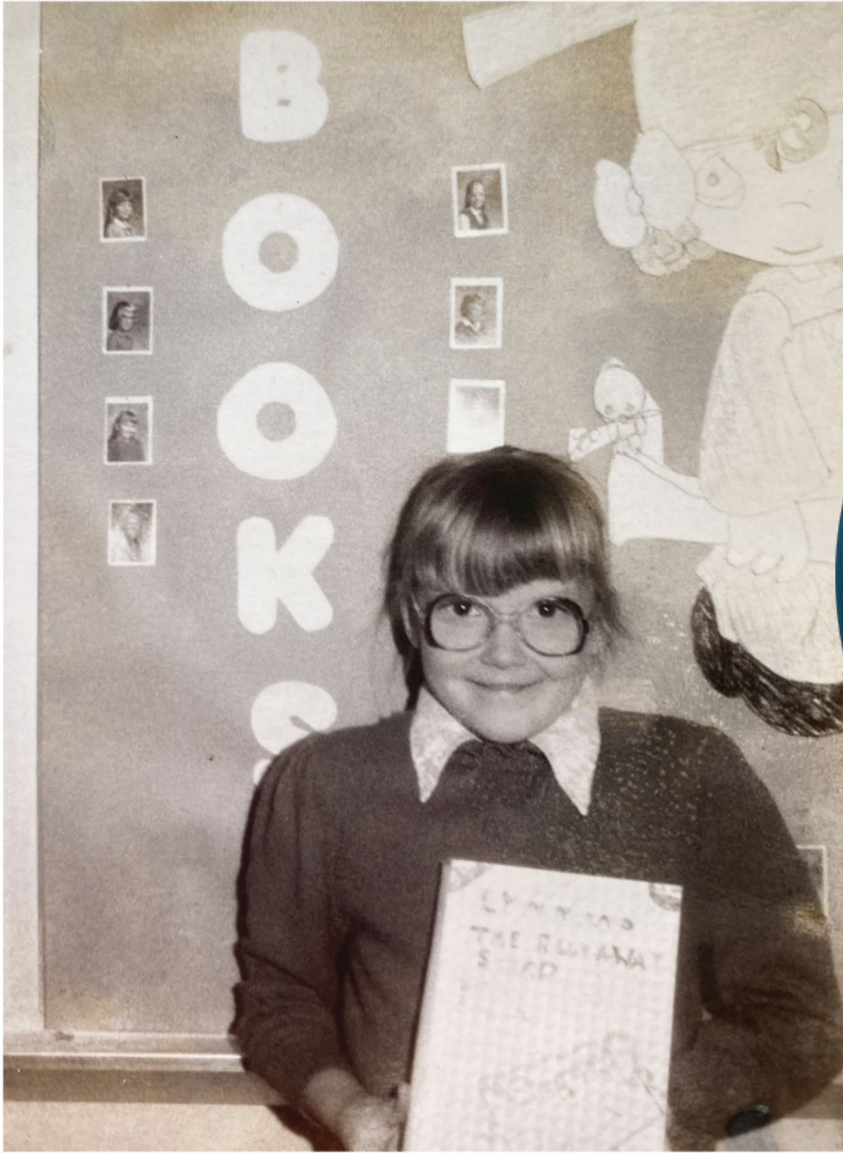
The energy that exists between people when they feel seen, heard, and valued; when they can give and receive without judgment; and when they derive sustenance and strength from the relationship.

**Brené Brown**



**Let's chat –  
Why are you here?**

**Why am I here?**



## Stress RULER

*“On a scale of 0–10, how bothersome has your stress been?”*

0

1

2

3

4

5

6

7

8

9

10

Not at All  
Bothersome

A Little  
Bothersome

Somewhat  
Bothersome

Very  
Bothersome

Extremely  
Bothersome

Source: U.S. Department of Veteran Affairs, 2010.

**Poll 1:**  
**How bothersome**  
**has your stress been?**

**Stress  
is  
contagious**

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*“We need **braver** leaders.  
We need more **courageous** cultures.”*

Years of research

400,000 pieces of data

150+ interviews

Source: Dare to Lead, Brené Brown, 2018



# Conversations

# **Poll 2:**

**How often does your team  
have the hard conversations  
that need to be had?**

# *Connection*

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The energy that exists between people when they feel seen, heard, and valued; when they can give and receive without judgment; and when they derive sustenance and strength from the relationship.

**Brené Brown**

# **Let's chat – Call to Courage**

**Is there someone at work  
with whom you would like a  
higher level of trust?**



**RUMBLING with Vulnerability**

**LIVING into Our Values**

**BRAVING Trust**

**LEARNING to Rise**

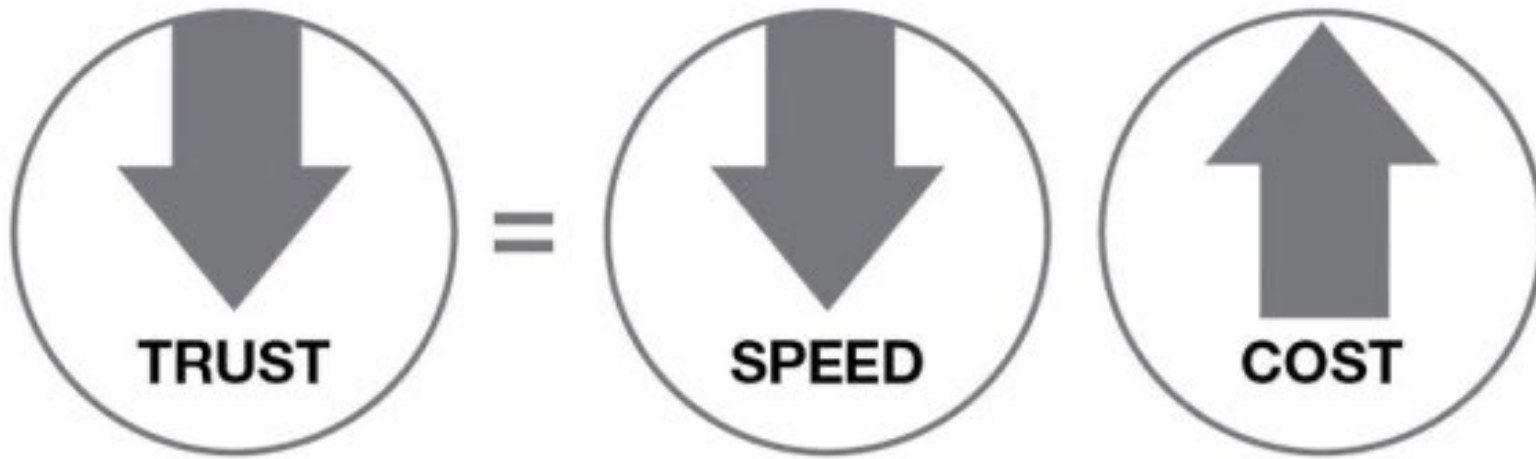
*the four skill sets of courage*

*dare to lead*<sup>TM</sup>

*Skill #3*

***BRAVING Trust***

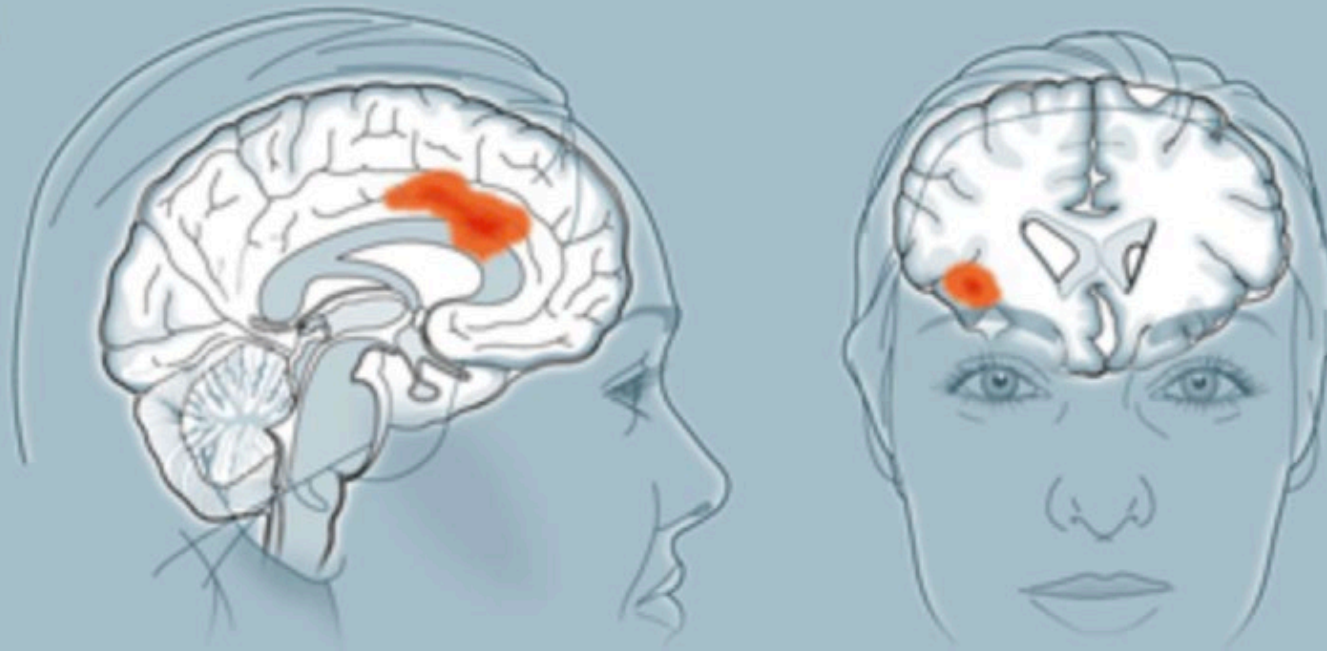
**Trust**



Source: *Speed of Trust*, Stephen MR Covey, [www.speedoftrust.com](http://www.speedoftrust.com)

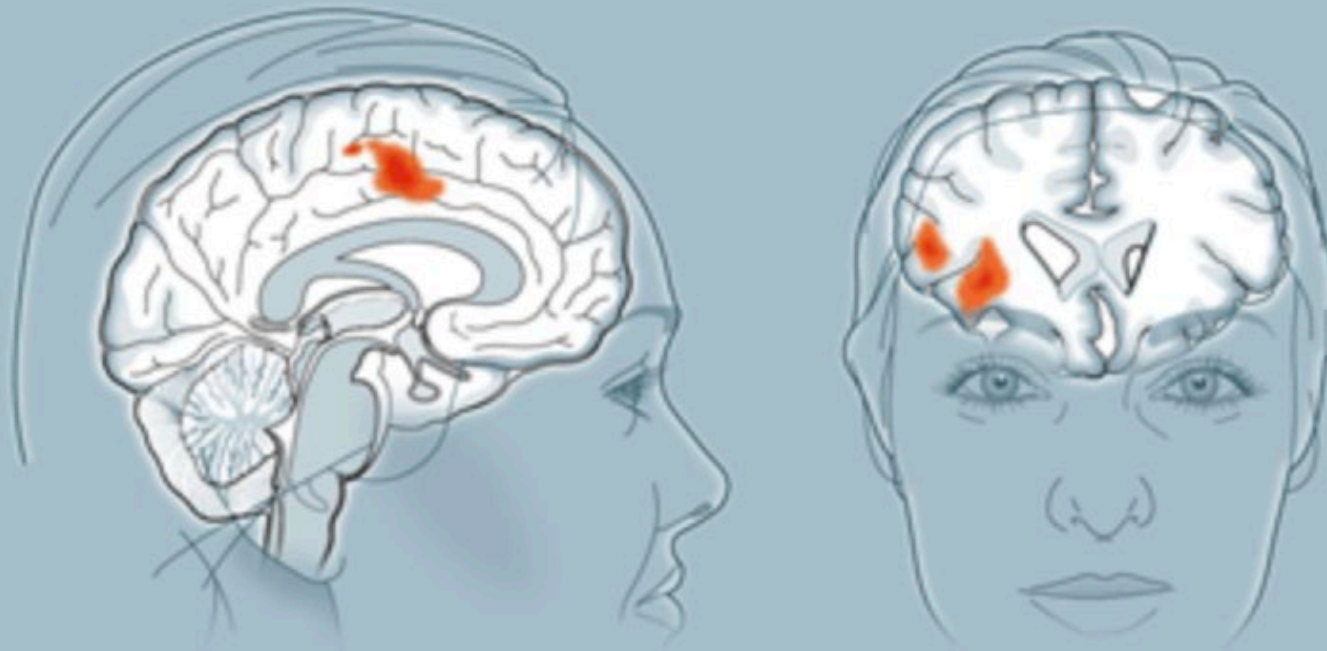


**Physical  
Pain**

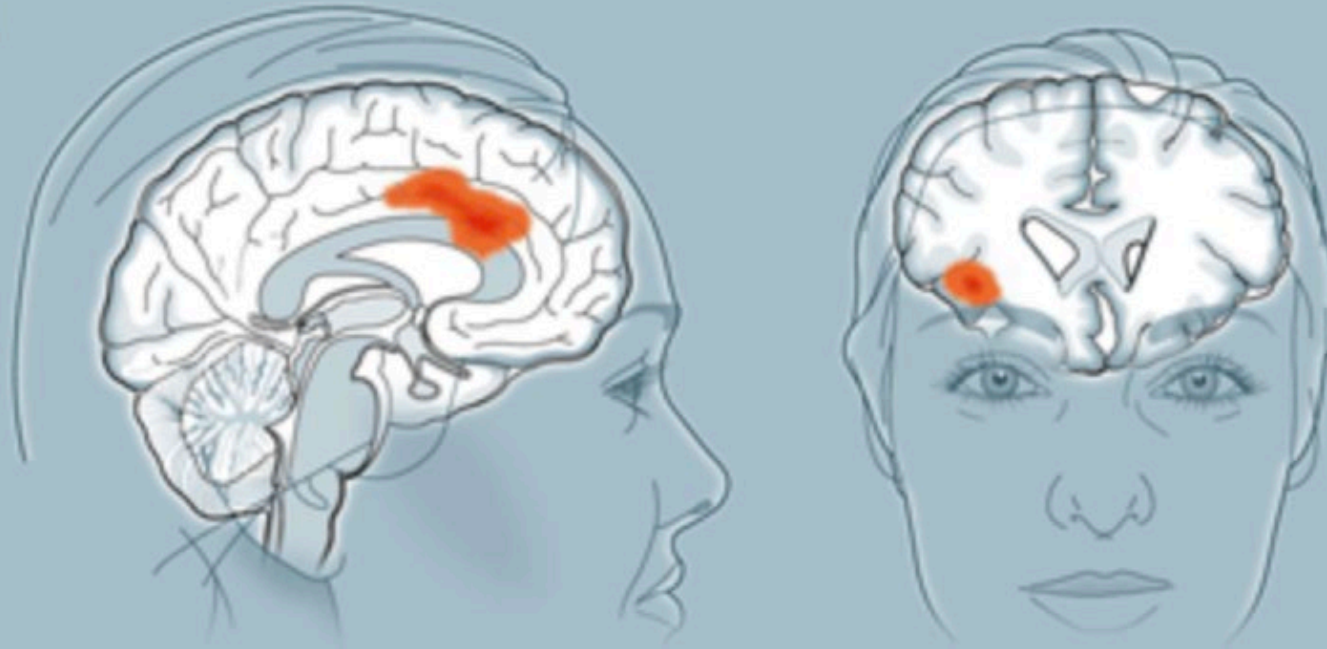


Source: Managing  
with the Brain in  
Mind, David Rock,  
[https://www.strategy-  
business.com/article/  
09306?gko=9efb2](https://www.strategy-business.com/article/09306?gko=9efb2)

**Social  
Pain**



**Physical  
Pain**



Source: Managing  
with the Brain in  
Mind, David Rock,  
[https://www.strategy  
-  
business.com/article/  
09306?gko=9efb2](https://www.strategy-business.com/article/09306?gko=9efb2)

We are hardwired to connect  
with others, it's what gives  
purpose and meaning to our lives,  
and without it there is suffering.

Brené Brown



=



=



**Job you *really* enjoyed?**

**Trust?**

**Colleague you trust?**

**Challenge –  
Tell them!**







Burger

WARNING !!  
18  
21

PAPER MATE

Draft BEER  
GLASS KEGS

Tap

H hl  
BEER

JUNE 27  
SUNDAY

Stanley



# BRAVING Trust

# Self-trust



“Clear is kind. Unclear is unkind.”

—Brené Brown—



**RUMBLING with Vulnerability**

**LIVING into Our Values**

**BRAVING Trust**

**LEARNING to Rise**

*the four skill sets of courage*

**courage**

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**comfort**

**Courage  
is  
contagious**



*Super quick evaluation*

[bbeval.com/qkar4w](https://bbeval.com/qkar4w)

# Our Goals

1. Why is trust important at work?
2. Explore BRAVING trust.
3. Have fun and connect.

*Courage  
is  
contagious.*



Brené Brown

*Leaders  
must either  
invest a  
reasonable  
amount of  
time attending  
to fears and  
feelings,*

OR SQUANDER AN UNREASONABLE AMOUNT  
OF TIME TRYING TO MANAGE INEFFECTIVE AND  
UNPRODUCTIVE BEHAVIOR.



Brené Brown

SELF-AWARENESS AND  
SELF-LOVE MATTER.

*Who we  
are is  
how we  
lead.*



Brené Brown

*Clear  
is  
kind.*

UNCLEAR  
IS UNKIND.



(Unknown)

Want a set of postcards?

Email me at [Amy@TheLenekerTeam.com](mailto:Amy@TheLenekerTeam.com)

*“We need **braver** leaders.  
We need more **courageous** cultures.”*

Source: Dare to Lead, Brené Brown, 2018

Keep in Touch!

Amy Leneker

[www.AmyLeneker.com](http://www.AmyLeneker.com)