

COURAGE SKILL SET #3

BRAVING Trust

BRAVING DEFINITIONS

The acronym BRAVING breaks down trust into seven elements:

BOUNDARIES, RELIABILITY, ACCOUNTABILITY, VAULT, INTEGRITY, NONJUDGMENT, AND GENEROSITY.

BOUNDARIES: Setting boundaries is making clear what's okay and what's not okay, and why.

RELIABILITY: You do what you say you'll do. At work, this means staying aware of your competencies and limitations so you don't overpromise and are able to deliver on commitments and balance competing priorities.

ACCOUNTABILITY: You own your mistakes, apologize, and make amends.

VAULT: You don't share information or experiences that are not yours to share. I need to know that my confidences are kept, and that you're not sharing with me any information about other people that should be confidential.

INTEGRITY: Choosing courage over comfort; choosing what's right over what's fun, fast, or easy; and practicing your values, not just professing them.

NONJUDGMENT: I can ask for what I need, and you can ask for what you need. We can talk about how we feel without judgment.

GENEROSITY: Extending the most generous interpretation to the intentions, words, and actions of others.

The BRAVING Inventory can be used as a rumble tool—a conversation guide to use with colleagues that walks us through the conversation from a place of curiosity, learning, and ultimately trust-building.



Amy Leneker, MPA
2020

Email Amy@TheLenekerTeam.com

Copyright©2020 Brené Brown | Version 2.0 June 25, 2020
Proprietary content. Distribution limited to Certified Dare to Lead™
Facilitators for use with their clients.

RUMBLING WITH SELF-TRUST

Think about a time at work when you experienced a setback, and go through the BRAVING acronym to understand how that experience may have impacted your self-trust.

BOUNDARIES: Did I respect my own boundaries? Was I clear about what was okay and what was not okay?

RELIABILITY: Was I reliable? Can I count on myself to do what I committed to doing?

ACCOUNTABILITY: Did I hold myself accountable? Did I blame others? Did I hold others accountable with honesty and respect?

VAULT: Did I respect the vault and share appropriately?

INTEGRITY: Did I act from my integrity? Did I choose courage over comfort? Did I choose what's right over what's fun, fast, and easy? Did I practice my values?

NONJUDGMENT: Did I ask for what I needed? Was I nonjudgmental about needing help?

GENEROSITY: Was I generous toward myself?

