

# dare to lead™

Based on the research of Brené Brown

**BRAVE LEADERS. COURAGEOUS CULTURES. WHOLE HEARTS.**

Virtual Workshop Starting November 5, 2020

***"It's not fear that gets in the way of Daring Leadership. It's our armor!"***

- Do you find yourself avoiding tough conversations for fear of being judged or misunderstood?
- Are you losing sleep over how to cultivate more drive and motivation in your team?
- Is a lack of trust leading to some unproductive and destructive behaviours at work?
- Are you self-protecting in ways that move you out of your integrity?

Dare to Lead™, an empirically based, courage-building program is built on **four skill sets** that are 100% teachable, measurable and observable, and that move you from Armored Leadership to Daring Leadership. The exclusive Dare to Lead™ workshop benefits all who seek brave action, innovation, and transformation in their leadership, team and life. The goal of this work is to give you language and specifics on the tools, practices, and behaviours that are critical for building the muscle memory needed to live into these concepts. This work is experiential, so while it includes some video content from Brené, you will mostly learn through interactive activities, self-reflection, and facilitated conversations.

You'll learn **the four skill sets of courage** that translate to Daring Leadership:

- ✓ **Rumbling with Vulnerability:** Leaning into - and staying with - tough interactions that involve risk, uncertainty and emotional exposure, while practicing empathy and staying true to who we are.
- ✓ **Living into our Values:** Identifying what we stand for and how to show up in a way that ensures the alignment of our intentions, thoughts, words and actions.
- ✓ **BRAVING Trust:** Learning and practicing the seven key elements of trust, in service of building courageous connections that hold our teams and organizations together.
- ✓ **Learning to Rise:** Developing the skills to get back up after a fall so we're willing to risk falling again, and re-writing the stories that no longer serve us.

**What's included:** Participants will receive a Dare To Lead™ Workbook, a "Dare to Lead™ Trained" Certificate, and an approved badge to be used on your LinkedIn profile. Also included is an exclusive community for additional support throughout, one mid-course group support call, and one 1-on-1 coaching call with each participant on workshop completion, to help reinforce your new Daring Leadership skills and perspectives.

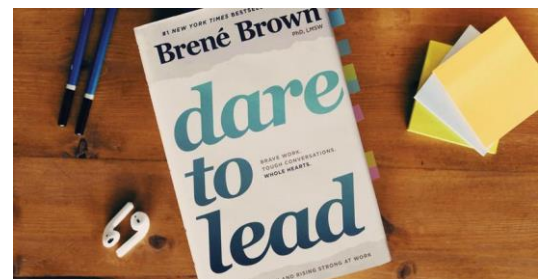
**Dates/Time:** Nov. 5, 12, and 19; Dec. 3, 10 and 17 | Thursdays 3:30–7:30 pm Pacific Time

**Where:** Virtual Zoom Platform

**Registration:** Register your interest to receive cost and payment plan options.

**Payment:** E-transfer or PayPal

**To register:** email Anita at [anita@anita-anand.com](mailto:anita@anita-anand.com)



**Your facilitator and coach:** Anita has a degree in Psychology and was a Montessori Teacher/Principal for over 25 years. She has her credentials as a Certified Professional Co-Active Coach (CPCC) from the Coaches Training Institute as well as her Professional Certified Coach (PCC) credentials from the International Coaches Federation. In addition to being a personal, leadership and team coach, Anita is also a speaker, a Certified Daring Way™ Facilitator and Certified Dare To Lead™ Facilitator for Dr. Brené Brown's work.

**Brené Brown** has spent the past 20 years studying courage, vulnerability, shame, and empathy, and most recently completed a seven-year study on courageous leadership. The **Dare to Lead™** approach has been successfully tested in more than 50 organizations and with approximately 10,000 individuals who are learning these skills on their own or in teams.

*"We desperately need more leaders who are committed to courageous, wholehearted leadership and who are self-aware enough to lead from their hearts." – Brené Brown*

