Dare to Lead

Based on the research of Dr. Brené Brown, Dare to Lead™ is an empirically based courage-building program designed for professionals. Dr. Brown has spent the past two decades studying courage, vulnerability, shame, and empathy, and most recently completed a seven-year study on courageous leadership. The most significant finding from Brené's latest research is that courage is a collection of four skill sets that are teachable, measurable, and observable.

The Dare to Lead™ program focuses on developing these courage-building skills throughout the 25-hour course:

- ***Rumbling with Vulnerability*** - Leaning into - and staying with - tough interactions that involve risk, uncertainty and emotional exposure.
- ***Living Into Our Values*** - Walking our talk about what we believe and hold important, making sure our thoughts, intentions, words and actions line up with those beliefs and values.
- ***Braving Trust*** - Learning the key aspects of trust and putting them to work as the glue that holds our teams and organizations together.
- ***Learning To Rise*** - Developing the skills to get back up after a fall or a setback so we're willing to risk falling again.

Here is what students have to say about the Dare to Lead™ course:

"I learned so many valuable tools I will never forget and will get to build on, both in my professional and personal life. I am no longer scared of being vulnerable or having tough conversations."

"I enjoyed the thoughtful and introspective conversations from our instructor. What an amazing experience. I am so appreciative for Diane's knowledge, experience and kindness. Wish this class wasn't ending."

"Fantastic class! I'm so grateful to have had access to such quality content. I am recommending this course to everyone I know- personally and professionally."

"Diane is a top notch facilitator! I appreciate her insights and knowledge of the material. She has an uncanny ability to lead conversations and draw out insights, while making sure everyone is included. I would highly recommend Diane to anyone wanting to take the Dare to Lead program."

A+