



Education.Outreach.Support.Specialists
www.continuingeducationassociates.com

in partnership with



T&L 2900—Dare to Lead

Course at a Glance

Instructor/Presenter: Nicole Newfield

Length: 45 hours

Dates: Enroll anytime—Complete in 4 months

Number of Graduate Professional Development Credits: 3

Introduction

Dare to Lead is a beloved book by popular author Brené Brown which is about leaning into courage and building a courageous culture in our work. It explores the importance of developing an awareness of how we respond to our fears, and learning how to embrace tough conversations. As Brené explains, “A leader is anyone who takes responsibility for finding the potential in people and processes and has the courage to develop that potential.” This title will appeal to those in educator roles, therapists, administrators, coaches, counselors, and many more.

Learning Objectives

At the end of this course, you should be able to accomplish the following objectives:

- Reflect on our leadership as educators and team members, and on what it means to be a daring leader.
- Develop an understanding about the importance of vulnerability (it is the fundamental skill of courage-building) and tough but necessary “rumble” conversations.
- Explore strategies to build empathy and create shame resilience.
- Discover ways to live into our values, to give and receive feedback respectfully and effectively, and to build trust with ourselves and others.
- Investigate common offloading strategies for emotion and the positive ways we can reckon with emotions.
- Develop an understanding of the types of questions risers rumble with to discover the true stories, what is really going on in challenging situations.
- Explore the importance of revolution, how we are defining true success.

Text and/or Other Materials

The required reading is found in the following text: Brown, B. (2018). *Dare to Lead: Brave Work, Tough Conversations, Whole Hearts*. New York: Random House. ISBN 9780399592522

Module Topics and Assignments

Readings and Individual Reflection Activities
Discussion Board Posts
Implementation Plan
Additional Interactive Assignments

Grading and Evaluation Activities:

Assignments	Point Value
Modules 1-5: Individual Reflection Activities: Questions will be assigned for each module. Questions and responses will be posted on Schoology.	24 points per assignment; 120 points for the course
Modules 1-5: Discussion Board Posts: Responses will be posted on Schoology.	24 points per assignment; 120 points for the course
Modules 1-5: Additional Interactive Assignments: Instructions will be posted via Schoology for each module.	8 points per assignment; 40 points for the course
Due by the end of the course: Implementation Plan	120 points

Graduate Grading Scale 3 credits		
A/ S	90-100%	400-364 points
B/ S	80-89%	363-328 points
C/ S	70-79%	327-292 points
F/ U	below 70%	Below 292

Scholastic Dishonesty

Students enrolled in this course are expected to be aware of the seriousness of scholastic dishonesty. Unacceptable behavior such as submitting someone else's work as your own, cheating on exams, or plagiarizing can result in failure of the course or other sanctions. For a more detailed description of these policies, please refer to the UND Code of Student Life; Appendix IIIa-3, at:

<http://und.edu/student-affairs/code-of-student-life/>