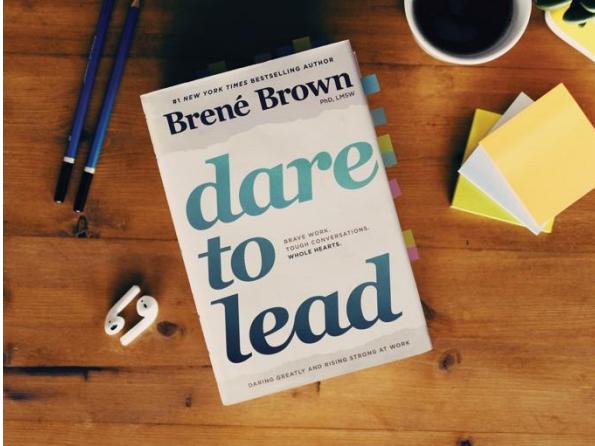


# dare to lead™

*Based on the research of Brené Brown*



*Based on the research of Dr. Brené Brown, Dare to Lead™ is an empirically based courage-building program designed to be facilitated by organizational development professionals. Brené is a research professor at the University of Houston where she holds the Huffington Foundation – Brené Brown Endowed Chair at The Graduate College of Social Work. She 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.

- Rumbling with Vulnerability – facing your current reality with courage
- Living into Your Values – identifying and operationalizing your values so the walk is being talked
- BRAVING Trust – creating or strengthening relationships using the seven elements of trust
- Learning to Rise – evolving and rising from life's inevitable failures and challenges

The Dare to Lead™ program focuses on developing these skills through workshops, trainings, and coaching to help individuals, teams, and organizations move towards daring leadership.

- Is it time to reflect on your leadership approach? Do you want to gain new practical tools to support healthy cultures, developing other leaders along the way?
- Informed with over 400,000 pieces of data and decades of working with all types of organizations, this is a program that teaches learnable and translatable skills.
- In this work we define leaders as: "Anyone who takes responsibility for finding the potential in people and processes and who has the courage to develop that potential
- Certified facilitators are authorized to issue Dare to Lead Trained certificates to individuals who successfully complete the full 24-hour training.
- Brené's lovely Dare to Lead™ Workbook

As a Certified Dare to Lead™ Facilitator, I'm honored to have been trained by Brené directly, and to have the opportunity to bring her incredible work into organizations. The program is flexible and modular. I will work closely with leaders to determine the key issues at stake and a program that best addresses those issues. For in-tact teams, I provide an organizational readiness portion that is extremely important for me as a Certified Dare to Lead Facilitator (CDTLF). It will help me try and excavate what behaviors are getting in the way of courage, where there is consensus about the barriers, and where there is disagreement about the source of the problems. In addition, this will help me predict participant engagement and the ultimate success of embedding courage-building skills and customize the work. The experience is deep, fun, real, interactive, illuminating and impactful. Programs are designed to leave participants with tactical approaches they can put into day to day use to start leading bravely immediately. Go to [www.lizzy-perez.com/dare-to-lead](http://www.lizzy-perez.com/dare-to-lead) for more information.