

Hurt, Hero, History, Hope: Waterfront Panel models an Authentic Conversation

Does vulnerability come before trust?

Listen to this open mic sharing of our Senior Leaders in our Surface Forces and decide for yourself!

Brene Brown would say “yes,” it does: first show your vulnerability, and THEN people will trust you.

Moderating an authentic conversation also begins with trust.

This Lean On Navy episode showed one way to create trust quickly on a team. After our panel shared openly to the group, participants broke out for ten minutes where each shared one History, Hurt, Hero, or Hope for their professions.

Listen to how they came back to the group transformed.

I stopped the recording at the hour, when one shared how his personal hurt when a shipmate took his own life transformed him to act differently in his service. The impact was contagious transformation. Others shared similar stories from vastly different perspectives. Connections!

A huge thank you to our three panel members who were willing to step up and be vulnerable first, for all of us:

RDML Jennifer Couture, Commander, Naval Service Training Command and CAPT Christie O'Connell, Executive Assistant and Naval Aide to the Assistant Secretary of the Navy and CMDCM Jeanette Hafer of the Naval Leadership and Ethics Center didn't just "set the example" for us—they paved the way!

And a huge thank you to YOU, in this community for digging in, leaning, and learning!

We will be taking a break for the holidays, so stay tuned for our next session in the new year.

Meanwhile, stay connected by commenting on our Lean On Navy Facebook page and catch up on past sessions at https://leanonnavy.com.

Lean On, friends!

Emily

Emily Bassett, CAPT
https://leanonnavy.com