



# *dare to lead*<sup>™</sup>

*Based on the research of Brené Brown*

"The world is desperate for daring leaders who are self-aware, know how to have hard conversations, hold themselves and others accountable."



## **Choose Courage over Comfort.**

The ultimate playbook for developing brave leaders and courageous cultures. The greatest barrier to daring leadership is not fear; the greatest obstacle is armor – how we self-protect when we feel uncertainty, risk and emotional exposure.

## **About The Dare to Lead Program**

Brought to you by Mizerak Coaching and based on the research of Dr. Brené Brown, Dare to Lead<sup>™</sup> is an empirically based courage-building program designed to be facilitated by organizational development professionals personally trained and certified by Brené Brown.

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20+ years and almost 750,000 pieces of data have illustrated that across industries and around the world, the number one trigger of shame for men and women in the workplace is the fear of irrelevance.

- “Am I up to speed?”
- “Do I have what it takes?”
- "What if I make a mistake?"
- “Do people see me as a leader?”
- “Am I ready to lead the coming changes?”

We lead, live, and work in environments that make us feel uncertain, at risk, and potentially emotionally exposed - vulnerable.

Our opportunity is to create organizations and teams where our people thrive, where they are creative and resilient, and where it's safe to take initiative ... safe to innovate.





The most significant finding from Dr. Brown'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 4 courage-building skills through workshops, trainings, and coaching to help individuals, teams, and organizations move from cautious, armored leadership to inclusive, daring leadership.

The program builds and strengthens leaders' and teams' ability to address vulnerability, take action consistent with their values, demonstrate & deepen courage & trust, and foster resilience.

## How organizations are using Dare to Lead™

- As the kick-off or early module in leadership and team development curriculums (in-house or custom-designed)
- Values alignment with leadership executive committee and teams
- Organization-wide culture development
- Project or work team forming
- Emerging Talent/Emerging Leader programs
- To support diversity and inclusion efforts
- In preparation for significant organization change
- To develop resilience
- Skills development for new managers and team leaders
- Up-skilling company's leaders & business partners
- Keynotes & inspirational addresses at meetings
- MBA programs
- One-to-one coaching
- Offsite leadership retreats



This program gives language, tools, and exercises to put these skills into immediate practice.

- Rumbling with Vulnerability: face risk, uncertainty, and tough conversations with courage, clarity, and empathy.
- Living into our Values: identify what you stand for and how to show up from a place of integrity every day.
- BRAVING Trust: build meaningful and authentic connections with your teams, colleagues, and clients so you can work together from a foundation of trust.
- Learning to Rise: become aware of your emotions and stories and learn how to lead with courage... even when faced with failure, disappointment, and setbacks.

SELF-AWARENESS AND  
SELF-LOVE MATTER.

*Who we  
are is  
how we  
lead.*

 Brené Brown

## Workshop Learning Objectives 16 & 24 Hour Sessions

- Rumbling with Vulnerability
  - Define & Understand how it shows up
- Shame
  - Define
  - Understand how we weaponize it
- Empathy
  - Self-Compassion
  - Empathy Misses
  - Skills Practice
- Daring Leadership
  - Armored vs Daring Leadership
  - Building grounded confidence
- Living into our Values
  - Values clarification
  - Taking Values from BS to Behavior
- Giving engaged feedback
- Defensiveness
  - Recognizing defensiveness in self & others
  - Skills Practice
- Lead BIG
  - Boundaries, Integrity, & Generosity
- BRAVING Trust
  - Building trust with key stakeholders
  - Clear is kind. Unclear is unkind.
- Learning to Rise
  - Understand Rising Strong
  - Learn how off-boarding hurt shows up in teams and with leaders
  - Rumble with anxiety
- Move to Action
  - Action planning and certification

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## Meet Brené Brown:

Dr. Brené Brown 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 7-year study on courageous leadership. She is the author of 5 #1 New York Times bestsellers: The Gifts of Imperfection, Daring Greatly, Rising Strong, Braving the Wilderness, & Dare to Lead<sup>™</sup>.

## Meet your Facilitator:

Leslie Mizerak, PCC of Mizerak Coaching. Leslie has over 25 years experience designing and delivering transformational leadership coaching, facilitation & programming with organizations and individuals across the US and several countries. She specializes in executive coaching and leadership development.



## Dare to Lead<sup>™</sup> is available as:

- 90 Minute Keynote
- 8 , 16, & 24 hour Training
- Group or 1:1 Coaching
- Virtual or In-person



**MIZERAK COACHING**  
BE EMPOWERFUL.

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