



# leader noun | lead·er | \ˈlē-dər\

**“Anyone who takes responsibility for finding the potential in people and processes and has the courage to develop that potential.**

***Leadership is not about titles or the corner office. It’s about the willingness to step up, put yourself out there, and lean into courage. The world is desperate for braver leaders. It’s time for all of us to step up.” – Brené Brown***

Dr. Brené Brown is a research professor at the University of Houston, where she holds the Huffington Foundation Endowed Chair at the Graduate College of Social Work. Brené is also a visiting professor in management at the University of Texas at Austin McCombs School of Business.

## About the Research

Dare to Lead is the #1 New York Times bestseller by Dr Brené Brown based on seven years of empirical research, 400,000 pieces of data and interviews with 150 C Suite Leaders on the future of leadership.

She has spent the past two decades studying courage, vulnerability, shame, and empathy; is the author of six #1 *New York Times* best sellers; and is the host of the weekly Spotify original podcasts *Unlocking Us* and *Dare to Lead*.

Brené’s books have been translated into more than 30 languages, and her titles include *Atlas of the Heart*, *Dare to Lead*, *Braving the Wilderness*, *Rising Strong*, *Daring Greatly*, and *The Gifts of Imperfection*. With Tarana Burke, she co-edited the best-selling anthology *You Are Your Best Thing: Vulnerability, Shame Resilience, and the Black Experience*.

Her TED talk on the Power of Vulnerability is one of the top five most-viewed TED talks in the world, with over 50 million views. She is also the first researcher to have a filmed lecture on Netflix. *The Call to Courage* special debuted on the streaming service in April 2019.

# About the Dare to Lead™ Program

Based on the research of Dr. Brené Brown, Dare to Lead™ is an empirically based courage building program designed to be facilitated by organisational development professionals.

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 skills to help individuals, teams, and organisations move from armoured leadership to daring leadership.

Individuals who successfully complete the globally recognised, full Dare to Lead™ program can add the official Dare to Lead Trained badge to their LinkedIn account.

## Dare to Lead™ workshop objectives

1. Identify the four skill sets that make up courage: rumbling with vulnerability, living into our values, BRAVING trust, and learning to rise.
2. Recognise that courage is a collection of four skill sets that are measurable, observable, and teachable.
3. Recognise vulnerability as the emotion we feel during times of uncertainty, risk, and emotional exposure.
4. Explain why courage requires vulnerability.
5. Establish a clear link between new learnings and the behaviours that need to change.
6. Recognise the critical role that self-awareness plays in daring leadership.
7. Identify how armour, not fear, is the greatest obstacle to daring leadership.
8. Recognise that vulnerability is the birthplace of many of the behaviours that define daring leadership, including creativity, accountability, and difficult conversations.
9. Give examples of why daring leadership requires showing up for hard conversations and rumbles, including giving and receiving feedback.

***Daring  
leaders who  
live into  
their values  
are never  
silent about  
hard things.***



Individuals can also undertake an evidence-based Daring Leadership Assessment developed by the Brené Brown Education and Research Group (BBEARG). This benchmarks their courage building skills and daring leadership strengths. Intact teams can also receive their collective scores and measure the cultural norms of the group, including levels of trust.

# About Julie Loveny

Delivered by Certified Dare to Lead™ Facilitator (CDTLF), Julie Loveny, who is an educator at UWA and an organisational consultant.

With a passion for people and potential, she is a facilitator with a background in social work and a special interest in leadership and thriving workplaces.

Julie has been trained by Brené Brown and her team and is amongst only a few in Australia certified to deliver Dare to Lead™.



**Leaders  
must either  
invest a  
reasonable  
amount of  
time attending  
to fears and  
feelings,**

OR SQUANDER AN UNREASONABLE AMOUNT  
OF TIME TRYING TO MANAGE INEFFECTIVE AND  
UNPRODUCTIVE BEHAVIOR.



**Julie Loveny**

julie.loveny@uwa.edu.au

0439 797 386

## Testimonials

*The landscape of the higher education environment is changing, with an increased focus on how to cultivate courageous cultures that prepare academic staff to navigate change and leaders to drive performance results. We invited Julie Loveny to facilitate a 3 day Dare to Lead™ course with our leadership team at Monash University. Grounded in empirical research and delivered in a warm, engaging, and wholehearted way, Julie created a safe space to work toward sustainable changes. We explored how daring (compared to armoured) leadership works and were challenged to identify and disarm toxic cultural workplace patterns, including strategies to develop shame resilience. Julie's skilful facilitation encouraged us to engage with difficult emotions and promote honest conversations around our personal and professional organizational values, including how to authentically align authority with responsibility. The cultural change since the Dare to Lead™ course has already showed up through more connected, confident, engaged and resilient teams that are bravely leading a thriving Monash School of Nursing & Midwifery.*

Gabrielle Brand, Associate Professor, Monash University

*Julie created a wonderful space and the opportunities for our team to have some really insightful discussions regarding leadership. We now have a common language to help us on our leadership journey. It also touched all of us in a very personal way too, cementing the connection between who we are and how we lead.*

Tina Holtom, CEO Child Australia

*My team were lucky enough to be able to attend a Dare to Lead™ workshop. Members of my team who are usually very reserved stepped into the arena and embraced the philosophy of Dare to Lead. After the workshop members of my team have followed through, opening up with difficult conversations and are mindful that they maybe 'telling themselves a story' and put strategies in place when they recognised it. As a facilitator Julie did a fantastic job and brought the best out of the team. I highly recommend this workshop to others.*

Sheona Kasula, Academic Services Team Leader UWA

*I didn't know what to expect. I had no idea what I was walking into. I heard of Brené Brown but hadn't read the books. Julie made this experience feel attainable, relevant and tangible from the first moment. It is not easy to create a sense of safety when sitting in what we often perceive as 'darkness' – shame, guilt, forgiveness, sadness – but it felt more than bearable – it felt like growth immediately. Thank you.*

Ana Pocrnjic, Co-ordinator, Regional Team, QPASTT