

dare to lead™

Based on the research of Brené Brown

"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 BRAVE LEADERS. IT'S TIME FOR US ALL TO STEP UP."

ABOUT THE DARE TO LEAD™ PROGRAM

BRENÉ BROWN

The more uncertain, complex and interdependent our work environments are, the more necessary it is to invest in the skills of emotional intelligence, resilience, self awareness and courage. The expectation is that we not only need to build resilience in ourselves, but we need to be able to build it in those we lead. We need leaders who are skilled at tough conversations, emotional literacy and the ability to help those around them rise from setbacks.

Dare to Lead™ goes deeper than generic leadership programs. It is backed by 20 years of empirical research, including a 7-year study on Leadership by **Dr. Brené Brown**. The way we integrate it ensures a lasting positive and measurable impact.

With over 20 years of corporate experience, **Certified Dare to Lead™ Facilitator, Rebecca Hopkins**, brings her skilled facilitation, engaging stories, and the ground breaking evidence-based research of Dr. Brené Brown to this program.

OUTCOMES

- A deep understanding of the heart of daring leadership and the four skillsets of courage that are the foundation of brave leaders and courageous cultures.

SKILLSET 1: Rumbling with Vulnerability

- Clarity of how courage and vulnerability is built and practiced as a core leadership skill set.
- Armoured leadership v Daring leadership and the behaviours that drive each of these.
- A deep understanding of shame, scarcity, and comparison and how they show up in the workplace and how to eradicate it.
- Understanding of why empathy, self-compassion and a high level of emotional literacy is the basis of high performing teams.
- The ability to talk about fears and feelings so you can create an inclusive culture.
- How grounded confidence is developed in your own leadership style.

SKILLSET 2: Living into our Values

- Explore how your personal values operate in your professional life and the role they play in leadership integrity and how core values can be used to make critical and timely decisions.
- How to courageously address tough conversations, including defensiveness in feedback discussions.

SKILLSET 3: BRAVING Trust

- Learn the 7 Elements of Trust and why this is essential to building meaningful connections with others.
- Learn how trust underpins a culture of psychological safety.

SKILLSET 4: Learning to Rise

- Understand how emotion and behaviour are linked and how understanding them can help reduce time spent on rumination and help increase emotional connection and safety.
- The process of how to rise from setbacks and how this is the foundation of resilience.

On completion of the program you receive a Dare to Lead™ Trained Certificate and an invitation to join **The Dare to Lead™ alumni integration program. A virtual group program that ensures a sustained integration of the four skill sets of courage.**



Rebecca HOPKINS | Certified Dare to Lead™ Facilitator

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“PEOPLE ARE OPTING OUT OF VITAL CONVERSATIONS ABOUT DIVERSITY AND INCLUSIVITY BECAUSE THEY FEAR LOOKING WRONG, SAYING SOMETHING WRONG, OR BEING WRONG. CHOOSING OUR OWN COMFORT OVER HARD CONVERSATIONS IS THE EPITOME OF PRIVILEGE, AND IT CORRODES TRUST AND MOVES US AWAY FROM MEANINGFUL AND LASTING CHANGE.”

BRENÉ BROWN

DARE TO LEAD™ IS RECOMMENDED FOR

- Executives
- Senior leaders
- People managers
- Emerging Leaders

Brené Brown defines a leader as anyone who takes responsibility for finding the potential in people and processes and has the courage to develop that potential.

DARE TO LEAD™ DELIVERY METHOD

The Dare to Lead™ Program is a 24 hour curriculum that can be delivered in person or virtually in a way that suits the needs of the team or organisation eg a 3-day in person intensive or split over 8 weeks of 3 hours virtually.

DARE TO LEAD™ FACILITATOR BIO



Rebecca Hopkins is a senior consultant, Professional Certified Coach (PCC) and facilitator based in Melbourne, Australia.

Rebecca believes that a healthy workplace culture is only possible when leaders are continuously working on their emotional resilience, leaning into tough conversations, and are consistently choosing courage over comfort.

Rebecca is skilled in building emotional resilience, coaching, project delivery, and transformation. Rebecca gets results by combining her emotional intelligence with her 20+ years of corporate experience with multi-national organisations in Australia, New Zealand, the United Kingdom, Singapore, Malaysia and Hong Kong.

She holds a Business degree in Finance & Information Technology, is a Co-Active trained coach and is a Professional Certified Coach (PCC) of the International Coaching Federation.

Past and present clients include: HSBC, NAB, Telstra, Cathay Pacific, JP Morgan, Morgan Stanley, Credit Suisse, Bank of America Merrill Lynch, CSL, Red Havas, BlackRock, Bloomberg, Goldman Sachs, DLA Piper, Baker McKenzie and Manulife.



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