

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."

BRENÉ BROWN

ABOUT THE DARE TO LEAD™ PROGRAM

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 10 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 skill sets of courage that are the foundation of brave leaders and courageous cultures:

SKILLSET 1: Rumbling with Vulnerability

- Unpack how courage and vulnerability is built and practiced as a core leadership skill set.
- Assess your own leadership using the Armoured v Daring leadership assessment to claim where you want to be braver as a leader.
- Use the Arena metaphor to explore how vulnerability and shame show up in the workplace.
- Practice empathy, self-compassion as a critical leadership skill set.
- Increase your emotional literacy as a foundation to create meaningful connection at work.
- Develop grounded confidence in your own leadership style.

SKILLSET 2: Living into our Values

- Clarify your personal values and how they operate in your professional life and your leadership integrity.
- Use your values to courageously address tough conversations.
- Recognise how defensiveness shows up in feedback discussions and what to do about it.

SKILLSET 3: BRAVING Trust

- Learn the 7 Elements of Trust and use this to explore self trust, repair trust in relationships and increase trust in teams.
- Understand how staying out of judgment and being clear about boundaries and staying in your integrity underpins a culture of connection and safety.

SKILLSET 4: Learning to Rise

- Learn Brené's three step process to pick yourself back up after an emotional setback.
- See how emotion and behaviour are linked and how understanding them can help reduce time spent on rumination and build your emotional resilience.

On completion of the program you will be Dare to Lead™ Trained and invited to join **The Dare to Lead™ Integration Group. A virtual group program continues this work.**



Rebecca HOPKINS | Certified Dare to Lead™ Facilitator

+61 459 951 053

rebecca@livebraveworkshops.com

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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
- Team Leaders
- 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 Certified Dare to Lead™ 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: ANZ, EY, CitiGroup, HSBC, NAB, Telstra, Australia Post, JP Morgan, Bank of America Merrill Lynch, and Mission Australia.



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