

Dare to Lead™ Training Program

A Six-Session CE Webinar to become Dare to Lead™ Trained

dare to lead™

Based on the research of Brené Brown

The world needs social workers who are willing to model transparency, vulnerability, and authenticity—foundational skills for cultivating conditions of equity, inclusion, and belonging. Based on the research of Dr. Brené Brown, Dare to Lead™ is an empirically based courage-building program. The most significant finding from Brené's latest research is that courage is composed of the following four skill sets that are teachable, measurable, and observable.

- **Rumbling with Vulnerability:** We lean into vulnerability, stay curious and generous, and circle back when necessary
- **Living into Your Values:** We do more than profess our values, we practice them. We walk our talk—we are clear about what we believe and hold important, and we take care that our intentions, words, thoughts, and behaviors align with those beliefs.
- **BRAVING Trust:** We understand the elements of trust and can identify when we—and others—are out of alignment. We shift from unproductive power dynamics to authentic and inclusive connection.
- **Learning to Rise:** We create space to fail—for ourselves and others. We own our stories and sift through the discomfort, risk, and emotional exposure of vulnerability in service to connection, creativity, and courage.

This Rutgers Continuing Education Dare to Lead™ program will be facilitated by Certified Dare to Lead Facilitators™ [Dr. Tanya Williams, Ed.D](#) of Authentic Coaching and Consulting and [Lizza Robb, MSW, PCC](#) of Redshift Leadership. Only Certified Dare to Lead Facilitators™ are approved to facilitate Dare to Lead™ workshops at the permission of Dr. Brené Brown and the Brené Brown Research and Education Group. To complement Brené Brown's Dare to Lead™ curriculum, Tanya and Lizza incorporate a social justice lens focusing on identity and power.

"To scale daring leadership and build courage in teams and organizations, we must cultivate a culture in which brave work, tough conversations, and whole hearts are the expectation, and armor is not necessary or rewarded."

~ Brené Brown

Participants in this program will:

1. Deepen their understanding of the dynamics of identity and power--individual, interpersonal, and systemic--that influence our relationship to vulnerability and courage.
2. Better understand why vulnerability (uncertainty, risk, and emotional exposure) is the foundational skill of courage.
3. Better understand the critical role that self-awareness plays in daring leadership.
4. Better understand that it's armor—not fear—that is the greatest obstacle to daring leadership.
5. Identify the four skill sets that make up courage: rumbling with vulnerability, living into our values, BRAVING trust, and learning to rise.
6. Better understand that courage is a collection of four skill sets that are measurable, observable, and teachable.
7. Recognize that vulnerability is the birthplace of many of the behaviors that define daring leadership including creativity, accountability, and difficult conversations.
8. Understand that daring leadership requires showing up for hard conversations and rumbles, including giving and receiving feedback.

Program format:

This highly interactive program will be hosted on Zoom. Sessions will be complemented by personal at-home work. Workbooks and handouts will be provided in digital format.

Session One: Container Building - Friday, September 30, 2022 1:00 - 3:00pm ET

- Community introductions and grounding
- Identity and power
- Intro to Dare to Lead



Session Two: Looking Inward - Friday, October 7 10:00am - 3:00pm ET (includes one-hour break)

- Daring Leadership Assessment
- Core Values
- Self-awareness, self-love, and self-compassion
- Empathy
- Grounded confidence and rumbling skills

Session Three: Armored Leadership vs. Daring Leadership - Friday, October 14 10:00am - 3:00pm ET (includes one-hour break)

- Armored vs. daring leadership
- Personal call to courage

Session Four: The Myths of Vulnerability - Friday, October 21 10:00am - 3:00pm ET (includes one-hour break)

- Self-awareness and emotional literacy
- Myths of vulnerability
- Shame resilience

Session Five: BRAVING Trust - Friday, October 28 10:00am - 3:00pm ET (includes one-hour break)

- BRAVING Trust
- Giving and receiving engaged Feedback

Session Six: Closing – Friday, November 4 1:00pm - 3:00pm ET

- Integration of learnings
- Action plan
- Closing

Tuition: \$1,300. Includes all six sessions, digital workbook and materials, 24 CE hours (general)

Register here: <http://ssw-web.rutgers.edu/ssw/ce/index.php?m=catalog&cid=2591>

Completion of the program provides 24 CE hours for NJ, NY, and PA social workers and Licensed Professional Counselors. Participants who complete this 24-hour Dare to Lead™ curriculum will receive a certificate of completion and can add the “Dare to Lead™ Trained” badge on their LinkedIn account. (Further information is available at daretolead.brenebrown.com.)

For more information, please contact us at:

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