

Learning to Rise: Brave Bouncebacks and Resilient Leadership

Brave Work. Tough Conversations. Whole Hearts.

Based on the work of Dr. Brené Brown
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MP6 Consulting
September 30, 2023 | Arlington, VA

Disclosures

Rachel Verlik, MS, PCC, CDTLF: No relevant disclosures

Overview

- What we'll cover:
 - Learn about our falls, how to rise, overcome our mistakes and face hurt in a way that brings more wisdom and wholeheartedness
 - Recognize the critical role self-awareness and emotional intelligence skills play in daring leadership
 - Build skills to walk into our own story, own it, and write new endings towards more effective leadership

Four Skill Sets of Courage

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Rumbling with Vulnerability

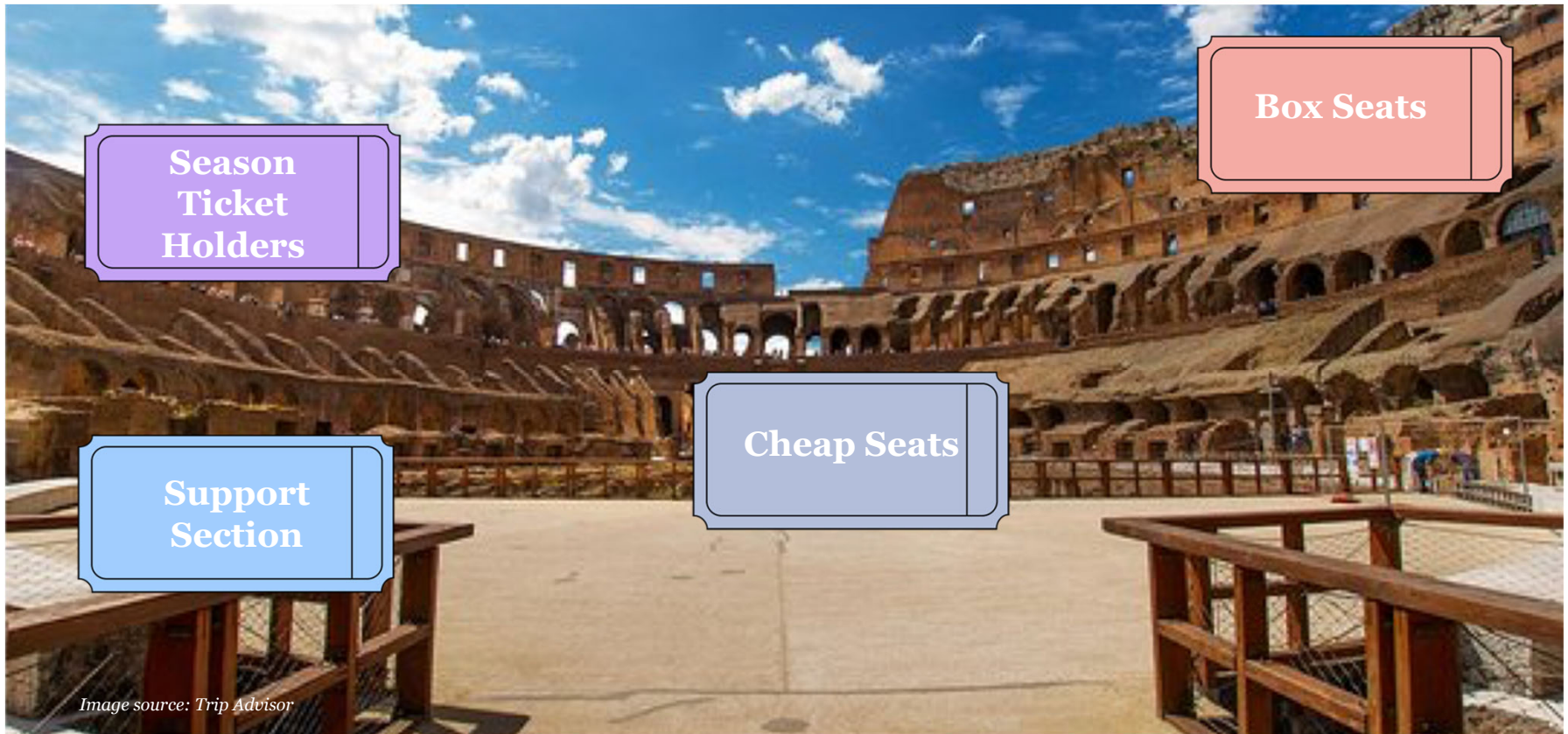
Living into our Values

BRAVING Trust

Learning to Rise



The Arena and The Call to Courage



Armored vs Daring Leadership

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It is not fear that gets in our way – it is armor



Image source: Accidental Creative



Consider...

... a time when you were brave and it DIDN'T work out?

- How did it feel?
- What was the meaning you made from the event?
- How did you rise and try again (if applicable)?



Step 2: The Rumbling (Story and Delta)



Image source: Unsplash/Max Saeling

Step 3: The Revolution (Way Forward)



Image source: Unsplash/Patrick Fore

In Pairs

- What did you learn from writing your SFD and delta?
- Did you see any common themes in your “go-to” SFDs?
- Is there any part of your story that feels hard to own? If so, how can you hold it with empathy and tenderness?
- How would you like to write your brave new ending? What would this new perspective give you?



Image Source: [Unsplash/Christina@wocintechchat.com](https://www.unsplash.com/photo-1573498974102-b668d6672778)

**“OWNING OUR STORY
AND LOVING OURSELVES
THROUGH THAT PROCESS IS THE
BRAVEST THING
WE'LL EVER DO”**

BRENÉ BROWN

**THE GIFTS OF IMPERFECTION
10th Anniversary Edition**

Closing and Commitment to Action

- Where do I want to practice brave leadership, knowing I may fall?
- How can my values help me brave hard conversations, rumbles, and falls?
- What is important enough for me to do, even with the risk of falling?

WHO IS THE LEADER I WANT TO BE IN
THIS MOMENT?



Image Source: Walk the Camino

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