

**Brene Brown – Dare to Lead**

Amanee Caldwell: [acald015@odu.edu](mailto:acald015@odu.edu)

Old Dominion University

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Professor Garrett Shelton

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## **Abstract**

The purpose of this book is to create courage by being vulnerable while learning to be a leader. Vulnerability is the start but not the end of this book as it introduces living into our values, braving trust, and learning to rise. Brown search was created by interview data over two decades, new research with interview c-level future leadership, program evaluation called courage-build work, and three-year study of daring leadership. I will be writing a review, evaluating concepts, and my personal preference. The goal of this book is to be able to provide the readers with skills to be better leaders and apply it to real life. “Stay curious keep showing up, they don’t have the power to stop us from being brave” (brown, p.5)

## **Introduction**

“Vulnerability is not winning or losing. It is having the courage to show up when you can’t control the outcome.” (Brown, p.20) This book is not for a particular person or filled with information on how to be the perfect person in a leadership role but for people that need to realize self-awareness is key to leadership. Yes, courage and vulnerability are the main topics but we have to be willing as people to remove the armor over our hearts and minds; open up to being uncomfortable. “if we shield ourselves from all feedback, we stop growing.” (Brown p.21)

## **Insight**

Dare to Lead is a book you would read when you began to question your ability of what you can provide to others and yourself. It provides tips and real-life examples on how to respond to others in a way that suits a situation. The scenarios that Browne mentioned from the argument she had with her husband on expectations she had for him to guilt she experienced missing her daughter final high school game to a cancelled flight and stuck in the airport are just prime

examples of situational awareness. We must know how to adapt and lead instead of trying to control a situation with our own thoughts.

### **Recommendation**

I would recommend reading this book to someone that has a hard shell up and finds it hard to communicate down to a new business owner that must put trust in several others and become vulnerable to make the business grow. I would not have thought to ever read this book because it doesn't have an attractive look that makes you want to pick it up in a lineup of books. I'm glad I had the opportunity to read it because it is not just a book but a personal journal that's end goal is to at least change one thing about us whether that is vulnerability, sympathy, empathy, values, or trust which are all the topics covered.

### **Daring Leadership**

**Being Vulnerable does not mean that boundaries are avoided the greatest leaders set boundaries for their vulnerability. "Daring leadership is ultimately about serving other people not ourselves, That's why we choose courage." (Brown, p. 69)**

### **Shame vs empathy**

The word shame is a word that is battered and uncomfortable to use over empathy because it shows a lack of connection. Some of the quotes used to alleviate what shame means is not being good enough and people usually bury this feeling. "if we know ourselves and are in touch with our vulnerability, we can recognize the unbearable pain in other people's experiences. Shame is Universal." (Brown, p. 127) Vulnerability is how we become self-aware of what feeling we are

experiencing in different outcomes and consequences. More shame makes a person more dangerous but drives constructive behavior and removes empathy within.

Empathy is what leadership uses to build connection and trust. the exact opposite of shame. As I spoke earlier on Brown experience with empathy was a personal matter, she shared that built a connection to the thoughts of a mother missing something for their child. The pain Brown experienced for not being there for her child caused devastation and built guilt within her. Her friend Suzanne provided empathy at that moment which consisted of understanding Brown body language on how to engage with her and respond to reflect feelings which can be comforting but also a good empathy example. Comparative suffering was not initiated and should not be initiated but a connection. “ Empathy is not connecting to an experience, its connecting to the emotions that underpin an experience” (brown, p. 140)

### **Learning to rise**

Brown touched on important parts in this section teaching how to learn from failure because falling is not always easy to get up. “If we don’t have the skills to get back up, we may not risk falling. And if were brave enough often enough, we are definitely going to fall.” (Brown, p.244) The three ways to rise is (1) the reckoning, the Rumble, and the Revolution are the three ways to learning to rise as Brown has mentioned. These concepts provide us with learning how to rise and the steps to becoming a leader of yourself. Reckoning is the emotional state that we are built with because we offload our emotions onto others, and many don’t try to understand the emotion. An example used is management with the term “chandlering” when higher power are given excuses for outburst of emotion causing distrust and unfair behavior. With the Rumble

“coming up with a story that make sense of what’s happening and gives our brain a story that makes sense of what’s happening for self-protection.” (Brown, p.258) The revolution is when we have built the courage to remove the armor allow vulnerability and live into our lives with value.

**References:**

Brown, B.(2018). *Dare to lead: Brave work, tough conversations, whole hearts*. Penguin Random House LLC.