



OVERVIEW

This innovative half-day workshop helps participants understand that to truly succeed in business and relationships they need to open themselves up – in short, be vulnerable. Demonstrating courage can be challenging due to fear and uncertainty that exists. This workshop allows participants to explore being vulnerable and understand how valuable vulnerability can be.

By the end of this workshop participants will be able to:

- Describe courage as it applies to leadership, organizational culture and business impact
- Through the lens of brain science, explore the real and perceived danger in acting courageously
- Identify how shame and vulnerability impact courageous behavior, including innovation and creativity
- Explore how their behavior as a leader impacts culture, morale and productivity
- Learn skills and practices to be a more courageous/vulnerable leader
- Take action to be a courageous leader

PROGRAM FLOW: KEY CONTENT AREAS

Welcome

- Introduction, learning objectives

Courage

- What does courage look like in relationships?
- Why courage isn't always common

Neuroscience

- Types of danger
- Your brain and fear
- Thinking brain
- Emotional brain
- Amygdala signs of danger

Fear at Work

- Perceived danger vs. Legitimate danger
- Courageous leadership
- Impact of danger and fear
- Avoidance

Leading a Courageous Culture

- Shame
- Guilt
- Shame vs. Guilt quiz
- Creating shame/fear resilience

Empathy

- Attributes of empathy

Leading with Courage and Vulnerability

- Culture of scarcity
- Creating a culture of courage
- Vignettes activity
- Courageous commitments

Workshop Close