***Water the Bamboo*: Senior Leadership**

**Risk, Vulnerability, and Courage**

**/20**

**Preamble**

As you well know by now, being a leader takes courage and strength at times. What you may not realize, however, is that it also means embracing vulnerability. You **will** fail at times; being a leader means you recognize this and you do what you need to do anyhow.

Today you will have some time to think about risk-taking, courage, vulnerability, and growth, because they are all connected. If you have a chance, please read Dare to Lead (or any other book) by Brene Brown. She is worth your time.

When it came time to name her new book, [Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead](https://buy.geni.us/Proxy.ashx?TSID=12135&GR_URL=http%3A%2F%2Fwww.amazon.com%2FDaring-Greatly-Courage-Vulnerable-Transforms%2Fdp%2F1592407331%2Fref%3Dsr_1_4%3Fs%3Dbooks%26ie%3DUTF8%26qid%3D1347301402%26sr%3D1-4%26keywords%3DBrene%2BBrown), Brené harkened back to a speech that Teddy Roosevelt gave in 1910. In it, Roosevelt said:

“It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly.”

<https://blog.ted.com/5-insights-from-brene-browns-new-book-daring-greatly-out-today/>

**Assessment**

You will be assessed for your

Thoughtfulness /5

Accuracy /5

Depth /5

Completeness. /5

**Assignment**

This assignment is due at the end of class, so please use your time wisely. Be thorough and complete in your notes, and 100% honest. As always, please know your answers will not be shared with anyone unless your health and safety is a concern.

What is vulnerability?

What does vulnerability have to do with leadership?

What is a time where you have felt vulnerable, but have taken 5 seconds, taken a deep breath, drawn your courage, and done it anyway? Explain the situation, the feelings, and the results here.

Go to the following assessment site and answer with total honesty: <https://daretolead.brenebrown.com/assessment/>

What did you learn about the 4 categories? (include your percentages)

Rumbling with vulnerability:

Living into your values:

Braving trust:

Learning to rise:

What do you think about the findings? Agree? Disagree? Comments?

“I carry a small sheet of paper in my wallet that has written on it the names of people whose opinions of me matter. To be on that list, you have to love me for my strengths and struggles. You have to know that I’m trying to be Wholehearted, but I still cuss too much, flip people off under the steering wheel, and have both Lawrence Welk and Metallica on my iPod.”

Brene Brown

What does this quote mean to you?

Who are 5 people whose opinion you care about? You know they love you BECAUSE of who you are, with all your quirks, not despite your quirks. They lift you up. Write them on the stickie provided and tuck them somewhere. Remember them. Acknowledge them.

Play around with the site. Look up Brene Brown. Write about something that resonates with you.

Read Chapter 16 in Water the Bamboo and answer questions 1-5 on page 116.

1.

2.

3.

4.

5.

Other deep thoughts, ponderings and comments here: