



## AUTHENTIC LEADERSHIP: DARE TO LEAD WITH COURAGE AND VULNERABILITY

with Justine Froelker

\$395 (US) per person

VIRTUAL SESSION (3-HOUR)

# AUTHENTIC LEADERSHIP: DARE TO LEAD WITH COURAGE AND VULNERABILITY

The greatest barrier to daring leadership is not fear; the greatest obstacle is armor - how we self-protect when we feel uncertain. Our armor—the thoughts, emotions, and behaviors that we use to protect ourselves—move us out of alignment with our values, corrode trust with our colleagues and teams, and prevent us from being our most courageous selves. In this workshop, author, speaker, and Certified Dare to Lead™ Facilitator, Justine Froelker, will help you learn how to become a more daring leader using Dr. Brene Brown's research on Courage and its four teachable, observable, and measurable skills sets:

- Rumbling with Vulnerability - Facing risk, uncertainty, and emotional exposure with courage and clarity
- Living into our Values - Identifying, operationalizing, and practicing the beliefs that we hold most important
- Braving Trust - Creating or deepening connections in relationships and teams
- Learning to Rise - Learning and growing from the failures, setbacks, and disappointments that are inevitable when we are brave with our lives

## JUSTINE FROELKER

Justine Froelker is a Licensed Professional Counselor with over 20 years of experience in personal development. For seven years Justine has been certified in the work of Dr. Brené Brown as a Certified Daring Way™, Dare to Lead™ & BOLD™ Facilitator. Justine has extensive experience helping people cope with their stress in a healthier way, communicate more effectively with the people they lead, and walk in their whole truth. She travels nationally and presents virtually to global audiences delivering keynotes, workshops, and trainings on topics such as leadership, courage, resilience, mental health, preventing burnout, and courageous and curious conversation, especially surrounding such topics as diversity, equity, inclusion, and belonging. Justine is the author of seven best-selling books and has been honored to speak at two TEDx events.

## TOPICS COVERED

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DETERMINE YOUR CALL TO COURAGE AS A LEADER.

RECOGNIZE THE ARMOR THAT GETS IN THE WAY OF DARING LEADERSHIP.

UNDERSTANDING THE CRITICAL ROLE THAT SELF-AWARENESS PLAYS IN COURAGEOUS LEADERSHIP.

UNDERSTANDING THAT COURAGE IS A COLLECTION OF FOUR SKILL SETS THAT ARE MEASURABLE, OBSERVABLE, AND TEACHABLE.

RECOGNIZING THAT VULNERABILITY IS THE BIRTHPLACE OF MANY OF THE BEHAVIORS THAT DEFINE COURAGEOUS LEADERSHIP INCLUDING CREATIVITY, ACCOUNTABILITY, AND DIFFICULT CONVERSATIONS.

LEARN HOW VALUES OPERATE IN OUR PROFESSIONAL LIVES AND THE ROLE THEY PLAY IN INTEGRITY AND DARING LEADERSHIP.

LEARN HOW TO USE THE BRAVING INVENTORY AS A WAY OF UNDERSTANDING AND DISCUSSING THE ELEMENTS OF TRUST.

LEARN THE CRITICAL ROLE THAT CURIOSITY AND RECOGNITION OF EMOTION PLAY IN DEVELOPING RESILIENCE SKILLS.

LEARN BASIC AND DOABLE SELF-AWARENESS, COMMUNICATION SKILLS, AND SELF-CARE.

FOR REGISTRATION PLEASE CONTACT: **Mary S. Held** - IMS Regional Director - Columbus

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