

Book Study Questions

Dare to Lead

General Reflection Questions:

1. What does leadership mean to you?
2. Have you ever experienced a moment when vulnerability made you a better leader?

Section One: Rumbling with Vulnerability

1. Brené Brown says, "You can't get to courage without rumbling with vulnerability." What does this mean to you?
2. Why is vulnerability essential to courageous leadership?
3. Brown introduces the concept of "armor" that leaders wear to protect themselves. What are some examples of this armor in your life or workplace?
4. Which "rumble" questions were most challenging or revealing for you?

Section Two: Living into Our Values

1. What are your two core values? How did you choose them?
2. How do your values show up in your leadership or daily behavior?
3. Brown emphasizes aligning behavior with values. Have you ever faced a situation where your actions conflicted with your values? How did you handle it?

Section Three: Braving Trust

1. What does trust mean to you in a leadership context?
2. Brown introduces the BRAVING acronym (Boundaries, Reliability, Accountability, Vault, Integrity, Non-judgment, and Generosity). Which element do you personally find most difficult? Why?
3. How does trust break down in teams, and how can it be rebuilt?

4. How can leaders create an environment where trust flourishes?

Section Four: Learning to Rise

1. Why is it important to reckon with emotion before problem-solving?
2. What are the dangers of avoiding or ignoring hard emotions in leadership?
3. How do your personal stories (or “stormy first drafts”) affect your decision-making or reactions?

Closing Reflections & Group Wrap-Up

1. How has your definition of leadership changed after reading this book?
2. What is one concept or quote from *Dare to Lead* that you will carry forward?
3. Which practice from the book do you most want to implement in your own leadership or team?
4. What might "brave leadership" look like in your organization or community?
5. How can your team or group hold each other accountable to being daring leaders?