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?