

DARE TO LEAD

Brené Brown



 Blinkist

“ Courage is contagious. Every time we choose courage, we make everyone around us a little better and the world a little braver. ”

The BRAVING framework breaks down the components of trust—both in how we build trust with others and how we trust ourselves.

B

BOUNDARIES

Setting and respecting boundaries is key. Be clear about what's okay and what's not okay, and make sure others understand and respect those boundaries. You must respect others' boundaries in return.

R

RELIABILITY

Trust is built when you do what you say you're going to do—consistently. Be realistic about your commitments and follow through, whether it's in small or big tasks.

A

ACCOUNTABILITY

Taking ownership of your mistakes is crucial. If you mess up, apologize, and make amends. Similarly, you should expect others to take accountability for their actions as well.

V

VAULT

Confidentiality is crucial. Trust grows when people know that what they share with you stays with you. Don't participate in gossip or share information that isn't yours to share.

I

INTEGRITY

Acting with integrity means choosing courage over comfort. Do what's right, even when it's hard, and live in alignment with your values.

N

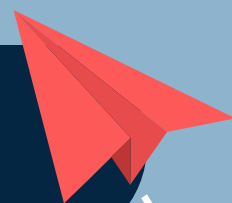
NON-JUDGMENT

A trusting relationship allows people to ask for help or share openly without fear of being judged. Create a safe space where vulnerability is welcomed.

G

GENEROSITY

Assume the best in others. If someone makes a mistake or acts in a way that's hurtful, approach the situation with generosity—give them the benefit of the doubt before jumping to conclusions.



6

Key Insights:

Dare to Lead by Brené Brown

1 Courage Starts with Vulnerability

True leadership requires vulnerability. Being vulnerable doesn't mean being weak—it means being honest, open, and willing to take risks, even when there are no guarantees. Leaders who embrace vulnerability foster trust and connection within their teams.

2 Rumbling with Tough Conversations

Leaders must be willing to have "rumble" conversations—those honest, direct, and sometimes uncomfortable discussions that lead to clarity and progress. Avoiding tough conversations creates confusion and mistrust, while leaning into them builds stronger relationships.

3 Living into Your Values

Effective leaders live and lead in alignment with their core values. This means identifying your top two values, using them as a compass for decision-making, and ensuring your actions consistently reflect those values. Integrity is key.

4 Building Trust with the BRAVING Framework

Trust is the foundation of leadership, and the BRAVING framework (Boundaries, Reliability, Accountability, Vault, Integrity, Non-judgment, Generosity) provides a clear structure for building and maintaining trust in relationships and teams.

5 Armored Leadership vs. Daring Leadership

"Armored leadership" is focused on self-protection, control, and avoiding vulnerability, whereas "daring leadership" is focused on courage, connection, and authenticity. Daring leaders embrace imperfection, ask for help, and prioritize collaboration over competition.

6 Courage is a Skill You Can Build

Courage isn't something you're born with—it's a skill you can develop through practice. It's important to build "courage muscles" by practicing vulnerability, leaning into discomfort, and showing up authentically in small, everyday moments.

