

Brave Leadership: The Call to Courage

LIC 2024 (2)



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Caryn's areas of specialty lie in reinvention, strategy, leadership & resilience development, performance, managerial & executive coaching, organisational learning, innovation, culture & change management. Her passion is empowering leaders to inspire abundance through courage, trust, connection & resilience to create agility for an ever-changing world. Caryn has coached for over twenty-five years & has trained many leaders & line manager coaches.

KEY QUOTES

"The world is desperate for brave leaders; leaders who are not silent about hard things, who ask the courageous questions, who are self-aware enough to lead from their hearts and not from fear."
- Dr. Brené Brown -

WHO WE
ARE IS
HOW WE
LEAD

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. . . 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.
-Theodora Roosevelt-

NUGGETS OF WISDOM

- **Shame** is the intensely painful feeling or experience of believing that we are flawed and therefore unworthy of love, belonging, and connection. We believe that we are not enough.
- We are **ALL worthy of love, connection, and belonging** (not just fitting in requiring of us to change ourselves), and that we are imperfect - and that is okay.
- **Self-compassion** means to be able to relate to yourself in a way that is forgiving, accepting, and loving when situations might be less than optimal. It entitles you to give yourself some grace when you make mistake like you would to a friend.
- Courage requires **vulnerability**. You cannot be courageous without being vulnerable.
- **Courage** is about being who we are, knowing that we are imperfect and will make mistakes, and we do not have to give up who we are in order to fit in.
- **Vulnerability** is when the situation is uncertain, there is risk involved and we are emotionally exposed.

NUGGETS OF WISDOM

Shame in leadership:

The reason why we explore shame in leadership is because if we do not realise why and when we are in shame, we work out shame on other people.



Shame gets in the way of connection between people.

- ▶ **Shame resilience**, the antidote to shame, is empathy and self-compassion.
- ▶ Our **chosen values** guide us to achieve meaning and purpose in our lives, hold us accountable, and give us **grounded confidence**.
- ▶ **Trust** is developed and destroyed by the small and big actions and starts with **self-trust**.
- ▶ If we are **brave** enough often enough, we are going to fail and fall. We need to develop the ability to **rise** and be resilient after our setbacks.

MESSAGE TO LEADERS

- CONNECT with yourself and with others
- Do the work! Develop yourself. Practice Self-worth and self-love
- Enhance your empathy skills - connect to the emotions of the other person
- Be CURIOUS- Make it a SUPER POWER

REFLECTIVE QUESTIONS

- ? Do you practice self-compassion and self-love?
- ? What are your shame triggers?
- ? What ARMOR are you putting on and how does it affect your connection with others?
- ? How will you step out as a Brave Leader?

VIEW RECORDING



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