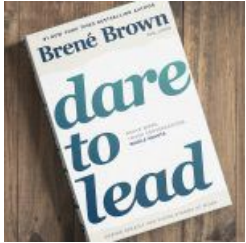


# Build your bravery in just 24 hours

Issued by [Little Black Book PR](#)

3 Nov 2020

As the world of work changed before our eyes during 2020, leadership skills became increasingly vital to steering productive, motivated and engaged teams through 'unprecedented times'.



**Dare to Lead™** is leadership programme adapted from the research of Brené Brown, who has developed somewhat of a cult following due to her [The Power of Vulnerability](#), one of the five most viewed TED Talks in the world, and as author of five number-one *New York Times* bestsellers, of which [Dare to Lead](#) is the most recent.

Professional coach, and keynote speaker, Julia Kerr Henkel, MD of Johannesburg-based consultancy Lumminos, has become one of a global community of accredited Brené Brown

**Certified Dare to Lead™ Facilitators.**

**“Who we are is how we lead.” - Brené Brown**

A call-to-action to courageous leadership, the **Dare to Lead™** curriculum sets out to empower leaders, HR practitioners, coaches and everyday people with practical skills needed for better self-understanding, as key to better understanding the motivations of others, building authentic relationships based on trust and human engagement. The primary outcome of cultivating organisational cultures in which tough conversations are not shied away from, but bravely, skillfully and wholeheartedly taken on has been proven in Brown's research to lead to more productive personal and professional relationships, increased innovation and accountability in the workplace.



Julia Kerr Henkel

In six online sessions, the full 24-hour **Dare to Lead™** curriculum builds core courage-building skills and demystifies 'Brené-isms' which have generated such a devoted global following, unpacking her concepts of "rumbling with vulnerability", "living into values", "braving trust", "clear is kind" and "learning to rise", ensuring participants develop improved leadership communication skills and techniques within their own teams, organisations or consultancies.

## Why leadership skills are important right now

Now more than ever, daring leadership can have a powerful and positive impact on re-humanising companies and organisations, with more opportunity, responsibility and accountability on leaders to influence and manage inclusivity, diversity and humanity, bravely, in their workplaces, than ever before.

*“Whether you're a CEO, a HR practitioner, professional coach or someone just wanting to develop yourself, this course will stretch you in a good way. Julia's leadership experience, crystal-clear presentation skills, ability to listen and offer feedback, really added to the group's understanding and enjoyment; she is totally comfortable with conveying Brené Brown's leadership concepts and techniques.”* Terry Levin, Bizcommunity CCO

**Dare to Lead™** is a rallying cry and a call to action for anyone who needs to or would like to improve self-confidence and self-belief, provide braver, more productive feedback, improved outcomes and relationships in their places of employment. The course also provides research-based findings and up-to-date vocabulary for those already accomplished in leadership, human resource management and coaching disciplines.

For more information on forthcoming courses visit <https://lumminos.co.za/dare-to-lead-online/>.

For more on the research behind this training watch:

- Tedx Houston Talk 2010: The power of vulnerability, Brené Brown
- Ted Talk 2012 – Listening to shame, Brené Brown
- Netflix TV Special: Brené Brown – A Call to Courage
- Check out the new Dare to Lead podcast on Spotify which launched last week

For more, visit: <https://www.bizcommunity.com>