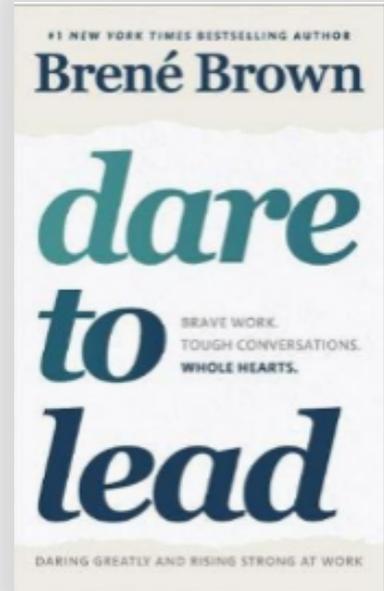


Dare to Lead by Brené Brown

Book Review by Joe Morrin

Whilst restocking the library with books from the Headship Institute, I came by Brené Brown's 'Dare to Lead' which caught my eye. At first glance, the book appeared to be very much centred on corporate leadership, but as I read further, Brené's no-nonsense, direct approach to her writing made this a thoroughly enjoyable read. I started this book with the intent of learning ways to be a better leader and to embrace being able to 'rumble with vulnerability: a discussion, conversation, or meeting defined by a commitment to lean into vulnerability, to stay curious and generous, to stick with the messy middle of problem identification and solving, to take a break and circle back when necessary, to be fearless in owning our parts and to listen with the same passion with which we want to be heard (Brown, 2018). Throughout the book, I found her writing could be applied to everyday life; as a spouse, parent, colleague and close friend.



Brené's leadership experience; her ability to draw upon empirical research to substantiate claims made, and the ability to tell the hardened-truth is what makes this an extremely powerful book for anyone. In essence, the book provides insight into the reasons why, as leaders, we tend to negate our vulnerabilities in the workplace and the skills we need to focus on to become more daring leaders. Ultimately, how do we become courageous, bold, creative, daring leaders at work? What does it mean for us to begin a process of healing from past hurts, growing through our insecurities and shortcomings, and stepping into the 'arena' every single day? How do we break-down the armour that surrounds us? As you go through the book, she goes on to discuss ways to live into your values, braving trust, and learning to rise.

My favourite quote which resonated with me:

“Living into our values means that we do more than profess our values, we practice them. We walk our talk – we are clear about what we believe and hold important, and we take care that our intentions, words, thoughts, and behaviours align with those beliefs.” (Brown, 2018, p186)

Brené’s book is also narrated by and is available on Amazon’s Audible, for times when reading is more challenging. Moreover, Brené has hosted numerous TED talks on vulnerability and shame.