

# *dare to lead*<sup>™</sup>

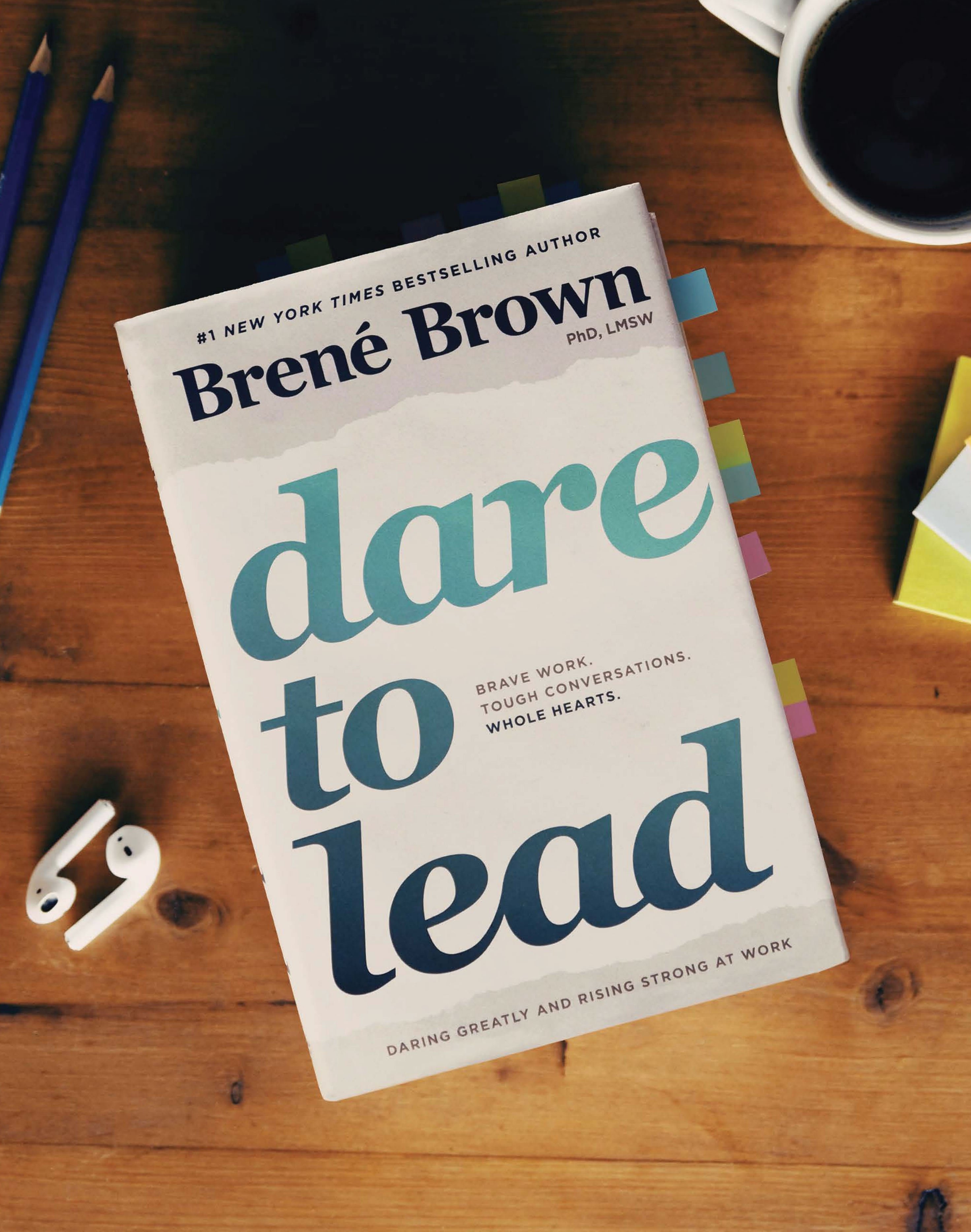
BRAVE LEADERS  
& COURAGEOUS  
CULTURES



*with*

**KEMINEKVAPIL**





## *About The Dare To Lead™ Program*

Based on the research of Dr. Brené Brown, Dare to Lead™ is an empirically based courage-building program designed to be facilitated by organizational development professionals.

Brené is a research professor at the University of Houston where she holds the Huffington Foundation - Brené Brown Endowed Chair at The Graduate College of Social Work. She has spent the past two decades studying courage, vulnerability, shame, and empathy, and most recently completed a seven-year study on courageous leadership.

She is the author of five #1 New York Times bestsellers: The Gifts of Imperfection, Daring Greatly, Rising Strong, Braving the Wilderness, and Dare to Lead.

The most significant finding from Brené's latest research is that courage is a collection of four skill sets that are teachable, measurable, and observable.

The Dare to Lead™ program focuses on developing these courage-building skills through workshops, trainings and coaching to help individuals, teams and organisations move from armoured leadership to daring leadership.

Further information is available at <https://daretolead.brenebrown.com>

**“WHO WE ARE IS HOW WE LEAD.”**

**- BRENE BROWN**

# *The Modules*

THE DARE TO LEAD PROGRAM IS HIGHLY INTERACTIVE,  
INCLUDING INDIVIDUAL AND TEAM FACILITATION AND COACHING.

## MODULE 1

### *The Heart Of Daring Leadership*

#### Lesson 1 -

##### *The heart of Daring Leadership*

- The 4 skill-sets of daring leadership
  1. Rumbling with vulnerability
  2. Living into our values
  3. Braving trust
  4. Learning to rise
- Begin practising how to set boundaries and how to ask for support.

#### Lesson 2 - Rumbling with vulnerability

- Understanding the role of courage and vulnerability at work
- The 6 myths of vulnerability.

#### Lesson 3 – Shame

- Defining shame and its impact
- Recognise how shame and comparison show up in the workplace and affect engagement, trust and connection.

## MODULE 2

### *Armoured Leadership Versus Daring Leadership*

#### Lesson 1 - Empathy

- Understand the components of empathy and its barriers
- Why emotional literacy is important for effective communication.

#### Lesson 2 - Armoured Leadership versus Daring Leadership

- Recognise the armour that gets in the way of daring leadership
- Develop the behaviours of daring leadership.

#### Lesson 3 - Grounded confidence and rumbling skills

- Learn the power of curiosity
- Build grounded confidence.

## MODULE 3

### *Living Into Our Values*

#### Lesson 1 - Living into our values

- Identify core values and the role they play in the workplace
- Learn how to give engaged feedback
- Live BIG – Boundaries, Integrity, Generosity.

#### Lesson 2 - Braving Trust

- Understand the importance of trust in the workplace
- Building the 7 behaviours of trust (if there is no trust, there is no team).

## MODULE 4

### *Learning To Rise*

#### Lesson 1 – Learning to rise

- Understanding emotions in the workplace
- The importance of emotion recognition and mindful practice.

#### Lesson 2 – Rumbling with the self

- Distinguish how anxiety, grief and forgiveness show up at work
- Identify patterns of over- and under-functioning behaviours.

#### Lesson 3 – The revolution and closing

- Determine how to integrate the key lessons of the program into the workplace
- Making the program a daily practice.

*Module choices can be confirmed in consultation with Kemi to achieve the best outcomes for your organisation.*



***Kemi Nekvapil is a facilitator, who trains organisations and individuals in values-based leadership. She understands that effective and sustainable leadership now involves individuals being able to lead as themselves, while also meeting the needs of their organisation.***

Kemi's brings to her facilitation a powerful focus on individuals in the room, using her training and experience as an ICF-credentialed, personal and executive coach.

As a facilitator Kemi works in the gap between where a team is now and where it wants to go. Her experience and intuitive style allow her to engage with people in a way that opens the potential in the room and deepens the conversation. Her style of facilitation is transformational, not transactional, which creates lasting change. Adverse to 'top tips' and quick fixes, Kemi has a bold and powerful style. She is direct, yet compassionate. A client described her as 'the sword of kindness'.

She is passionate about working with organisations who pay more than lip service to the professional and personal development of their leaders and other staff.

***For enquiries or to engage Kemi please contact:kemi@keminekvapil.com***

“Kemi’s presentation was absolutely incredible. Extremely dynamic and charismatic, grasping the entire team’s attention instantly. Her facilitation was unique and captivating and she managed to completely change the atmosphere. Kemi tailored her approach according to the goals of our team and connected with us all on a personal level. Kemi brought value to our team and left us connected as well as empowered and ready to ask more. There was an overwhelming amount of positive feedback from everyone in the team and I would highly recommend Kemi to anyone interested in a facilitator/speaker”

***– Chelsea Preston – Maddocks Lawyers***

“From the moment I engaged with Kemi I knew that she would be a pleasure to work with. She went beyond the normal preparation once given the brief and really took the time to understand our business and what was we hoped to accomplish with her session. Once she stepped into the room she was engaging and connected with our audience on many levels. The initial session she did with our team was transforming and changed lives which immediately convinced us to invite her back to speak to another group. We had the same results and were again blown away! Kemi is an incredible coach/facilitator and I look forward to bringing her back in the future!”

***- Melissa Amavisca – Arbonne International***

“Kemi’s facilitation was highly engaging and insightful. Kemi’s energy is contagious, she openly and vulnerably shares her own story and skilfully engages participants, facilitating deep reflections on their relationship to self to gain a better understanding as to how they can effectively lead. Kemi exceeded expectations and feedback from participants was outstanding.”

***– Shae Allen – Events and Administration Coordinator***

***FSSI/ RMIT University***