

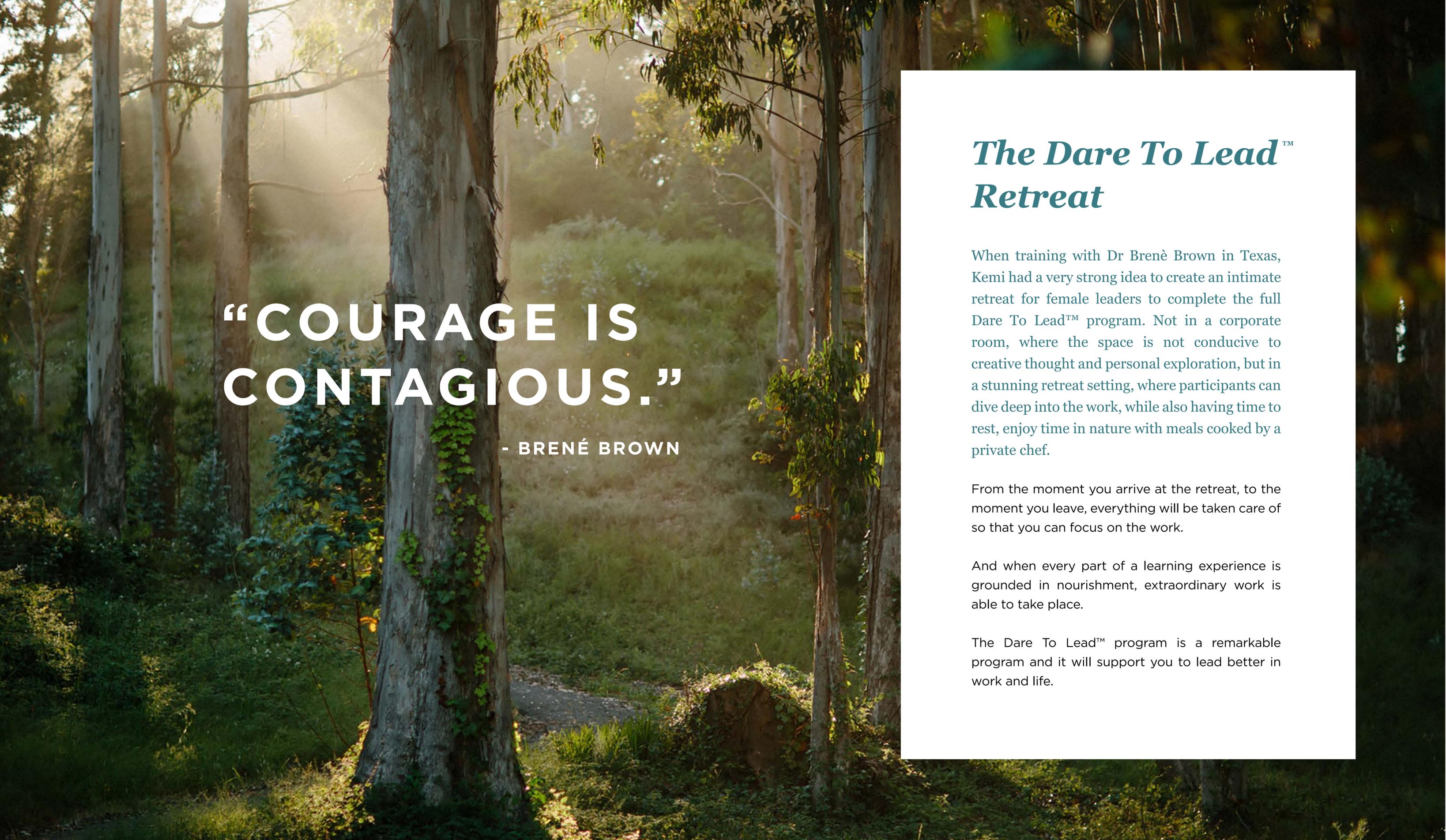
*dare to lead*<sup>™</sup>

A RETREAT FOR  
DARING LEADERS

*with*

**KEMINEKVAPIL**





“COURAGE IS  
CONTAGIOUS.”

- BRENÉ BROWN

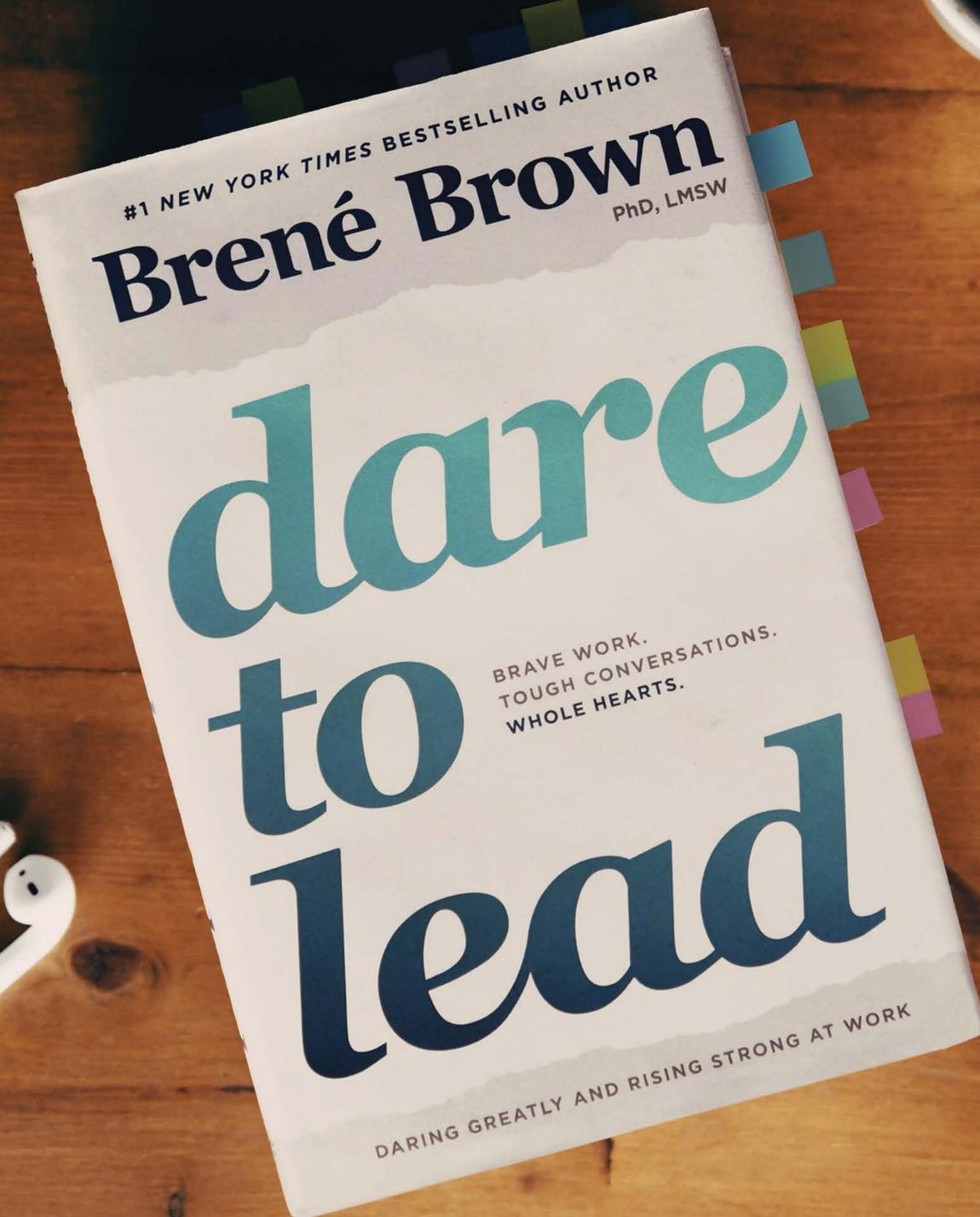
## *The Dare To Lead™ Retreat*

When training with Dr Brenè Brown in Texas, Kemi had a very strong idea to create an intimate retreat for female leaders to complete the full Dare To Lead™ program. Not in a corporate room, where the space is not conducive to creative thought and personal exploration, but in a stunning retreat setting, where participants can dive deep into the work, while also having time to rest, enjoy time in nature with meals cooked by a private chef.

From the moment you arrive at the retreat, to the moment you leave, everything will be taken care of so that you can focus on the work.

And when every part of a learning experience is grounded in nourishment, extraordinary work is able to take place.

The Dare To Lead™ program is a remarkable program and it will support you to lead better in work and life.



## *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 organizations 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**

# Retreat Schedule

3 DAYS OF COURAGE BUILDING  
THURSDAY 7PM - SUNDAY 5PM

## THURSDAY

7pm -  
Settle in/ Welcome dinner/ Introductions

## FRIDAY

8am Breakfast  
9am DTL - Morning Session  
12.00 Lunch  
2pm DTL - Afternoon Session  
5pm Finish  
7pm Dinner

*We will end the day with a walk in the surrounding nature before dinner.*

## SATURDAY

8am Breakfast  
9am DTL - Morning Session  
12.00 Lunch  
2pm DTL - Afternoon Session  
5pm Finish  
7pm Dinner

*We will end each day with a walk in the surrounding nature before dinner.*

## SUNDAY

8am Breakfast  
9am DTL - Morning Session  
12.00 Lunch  
2pm DTL - Afternoon Session  
5pm Retreat ends

### Extras

Official DTL Workbook

### Certificate

Individuals who successfully complete the full Dare to Lead™ program will receive a certificate of completion and are allowed to put a Dare to Lead™ Trained badge on their LinkedIn account.



# 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.

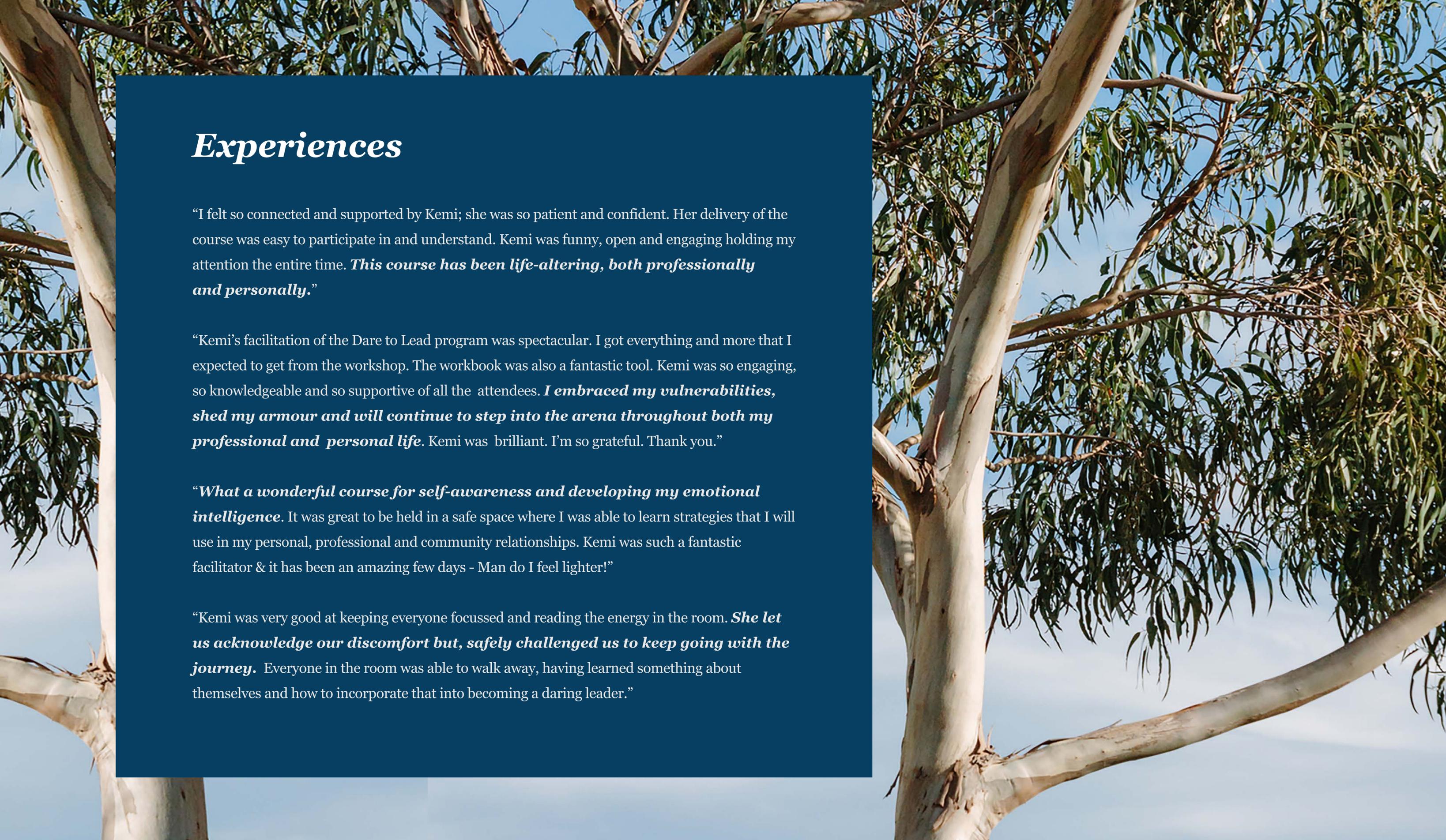
#### Lesson 2 – *Rumbling with the self*

- 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.





## *Experiences*

“I felt so connected and supported by Kemi; she was so patient and confident. Her delivery of the course was easy to participate in and understand. Kemi was funny, open and engaging holding my attention the entire time. ***This course has been life-altering, both professionally and personally.***”

“Kemi’s facilitation of the Dare to Lead program was spectacular. I got everything and more that I expected to get from the workshop. The workbook was also a fantastic tool. Kemi was so engaging, so knowledgeable and so supportive of all the attendees. ***I embraced my vulnerabilities, shed my armour and will continue to step into the arena throughout both my professional and personal life.*** Kemi was brilliant. I’m so grateful. Thank you.”

“***What a wonderful course for self-awareness and developing my emotional intelligence.*** It was great to be held in a safe space where I was able to learn strategies that I will use in my personal, professional and community relationships. Kemi was such a fantastic facilitator & it has been an amazing few days - Man do I feel lighter!”

“Kemi was very good at keeping everyone focussed and reading the energy in the room. ***She let us acknowledge our discomfort but, safely challenged us to keep going with the journey.*** Everyone in the room was able to walk away, having learned something about themselves and how to incorporate that into becoming a daring leader.”



***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 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 leader is now and where they want 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'.