

dare to lead™

Based on the research of Brené Brown

BRAVE LEADERS. COURAGEOUS CULTURES. WHOLE HEARTS.

30-Hour Workshop Starting September 25, 2025

“It's not fear that gets in the way of Daring Leadership. It's our armor!”

- Do you find yourself avoiding tough conversations for fear of being judged or misunderstood?
- Are you losing sleep over how to cultivate more drive and motivation in your team?
- Is a lack of trust leading to some unproductive and destructive behaviours at work?
- Are you self-protecting in ways that move you out of your integrity?

Dare to Lead™, an empirically based, courage-building program, is built on **four skill sets** that are 100% teachable, measurable and observable, and that move you from Armored Leadership to Daring Leadership. The exclusive Dare to Lead™ workshop benefits all who seek brave action, innovation, and transformation in their leadership, team and life. The goal of this work is to give you language and specifics on the tools, practices, and behaviours that are critical for building the muscle memory needed to live into these concepts. This work is experiential, so while it includes some video content from Brené, you will mostly learn through interactive activities, self-reflection, and facilitated conversations.

You'll learn **the four skill sets of courage** that translate to Daring Leadership:

- ✓ **Rumbling with Vulnerability:** Leaning into - and staying with - tough interactions that involve risk, uncertainty and emotional exposure, while practicing empathy and staying true to who we are.
- ✓ **Living into our Values:** Identifying what we stand for and how to show up in a way that ensures the alignment of our intentions, thoughts, words and actions.
- ✓ **BRAVING Trust:** Learning and practicing the seven key elements of trust, in service of building courageous connections that hold our teams and organizations together.
- ✓ **Learning to Rise:** Developing the skills to get back up after a fall so we're willing to risk falling again, and re-writing the stories that no longer serve us.

What's included: Participants will receive a Dare To Lead™ Workbook, a "Dare to Lead™ Trained" Certificate, and an approved badge to be used on your LinkedIn profile. Also, included is an exclusive community for additional support throughout, one mid-course group support call, and one individual coaching call with each participant to reinforce new Daring Leadership skills and application. More details at <https://anita-anand.com/daring-leadership/>

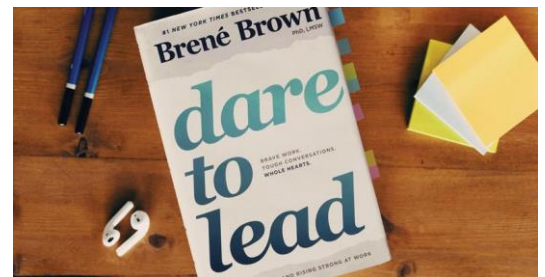
Dates/Time: Thursdays for 10 weeks (Sept 25, Oct. 2, 9, 16, 23, 30; Nov 6, 13, 20; Dec 4) | 3:30–6:00 PM PT

Where: Virtual Zoom Platform

Registration: \$1,795 +GST by July 31st or \$1,995 CAD +GST thereafter.

Payment: E-transfer or PayPal

To register: email Anita at anita@anita-anand.com



Your facilitator and coach: Anita has a degree in Psychology and was a Montessori Teacher/Principal for over 25 years. She has her credentials as a Certified Professional Co-Active Coach (CPCC) from the Coaches Training Institute as well as her Professional Certified Coach (PCC) credentials from the International Coaches Federation. In addition to being a personal, leadership and team coach, Anita is also a speaker, a Certified Daring Way™ Facilitator and Certified Dare To Lead™ Facilitator for Dr. Brené Brown's work.

Dr. Brené Brown has spent 20+ years studying courage, vulnerability, shame, and empathy, and most recently completed a seven-year study on courageous leadership. She is the author of six #1 New York Times bestsellers, and the host of the original podcasts Unlocking Us and Dare to Lead. With over 20,000 leaders and hundreds of organizations enriched globally, this program includes a Daring Leadership Assessment to provide clear feedback on your progress.

“We desperately need more leaders who are committed to courageous, wholehearted leadership and who are self-aware enough to lead from their hearts.” – Brené Brown

