

THE DARING WAY™

SHOW UP | BE SEEN | LIVE BRAVE™



based on the research of Brené Brown

Authenticity The Daring Way™

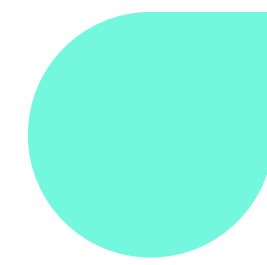
presented by

Tricia Nabors

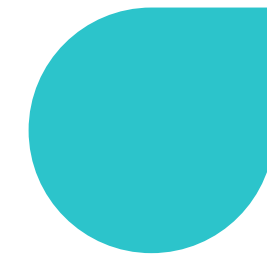
October 3, 2017

Nabors
Coaching Group, LLC

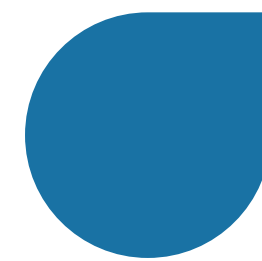
OVERVIEW



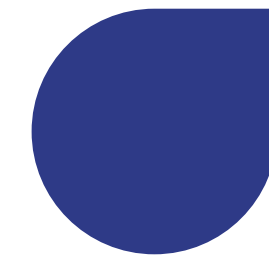
Introductions



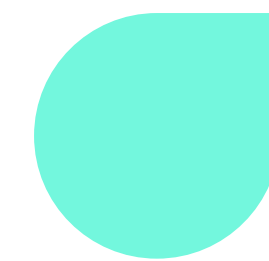
B.R.A.V.I.N.G.



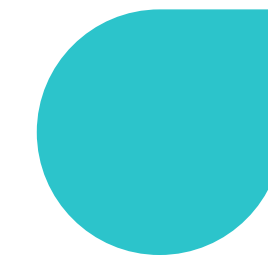
Vulnerability



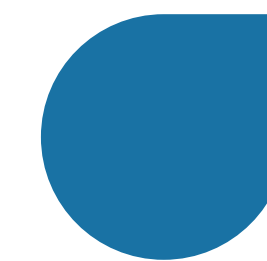
Empathy



Arena



Values



Summary

Authenticity

The Daring Way™

Layers



Authenticity

The Daring Way™

- Researcher/story teller
- Author of five books
- Shame, vulnerability and courage researcher



BRENÉ BROWN

What is the Daring Way™



- How do you want to show up and be seen?
- Where do you want to show up, be seen, and live brave?
 - In your marriage
 - Leadership position
 - Partner
 - Parent
 - Recovery
 - Faith
- What permission do you need to give yourself to do this?



PERMISSION SLIP

I give myself permission to:

Anatomy Of Trust

BE THE REASON
SOMEONE BELIEVES
IN THE GOODNESS
OF PEOPLE.

Karen Salmansohn

Authenticity

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B.R.A.V.I.N.G.

That's Boundaries.
Reliability. Accountability.
The Vault. Integrity.
Non-judgment. And
Generosity. This is the
anatomy of trust.

- BRENÉ BROWN

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Boundaries

What's OK and
what's not OK

Who are
boundaries for?



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Reliability

Trust is ONLY
developed if you
do what you say
you are going to
do **REPEATEDLY**



Accountability

Trust happens **ONLY**
if/when something
goes wrong you are
willing to own it,
apologize for it and
make amends



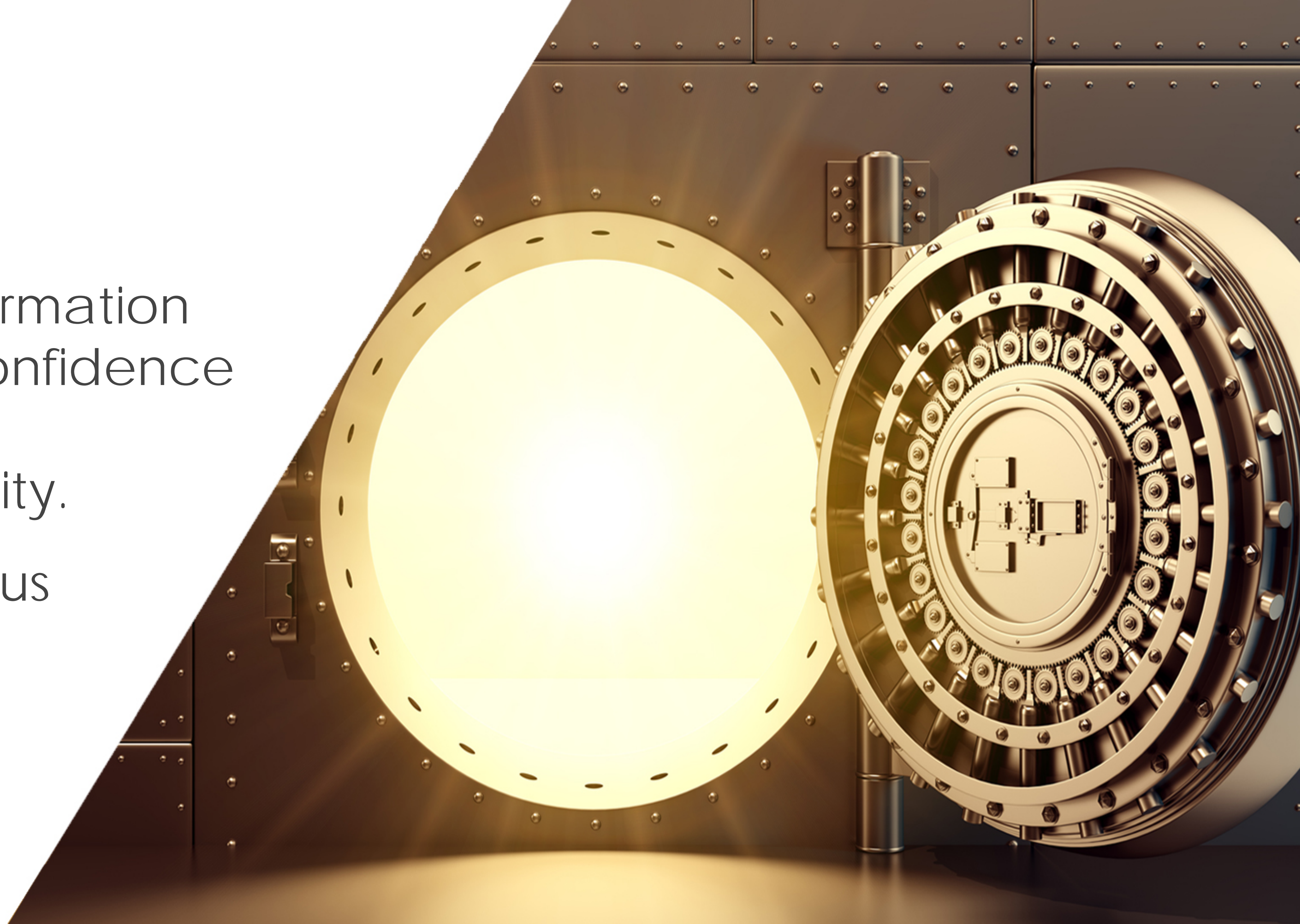
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Vault

Holding information
shared in confidence
and uphold
confidentiality.

Deflate versus
inflate



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Integrity

Choosing courage
over comfort

Choosing what's
right over fun, fast,
or easy

Practicing your
values not just
professing



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Non-Judgment

Reciprocity



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Generosity

Assume the most generous things about my words, intentions, and behavior



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VULNERABILITY IS THE
BIRTHPLACE OF LOVE,
BELONGING, JOY,
COURAGE, EMPATHY,
ACCOUNTABILITY,
AND AUTHENTICITY."

- BRENÉ BROWN

Myths of Vulnerability

1. Vulnerability is weakness
2. We can opt out of vulnerability
3. Vulnerability is over sharing
4. We can practice vulnerability in isolation

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Sharing



Empathy

1. Learned skill
2. Not natural/born with
3. We have to know what it is to practice
4. We either move in or away from

Attributes of Empathy

1. Perspective taking
2. Staying out of judgment
3. Recognizing emotion
4. Communicating our understanding about the emotion

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<https://www.youtube.com/watch?v=1Evwgu369Jw>

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<https://daringuniversity.com/courses/25/activities/589>

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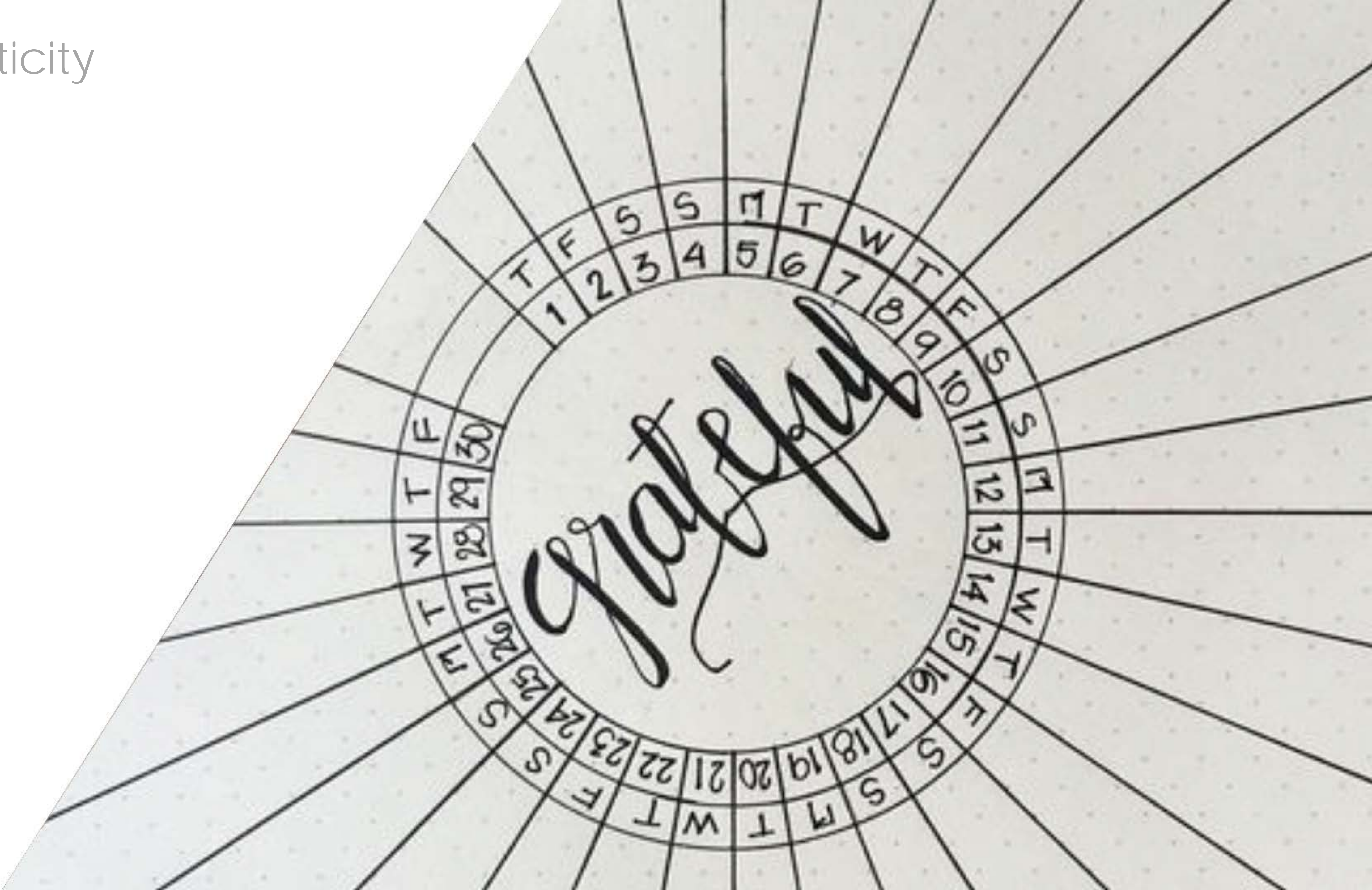
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Values



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based on the research of Brené Brown

"IN ORDER FOR CONNECTION TO HAPPEN,
WE HAVE TO ALLOW OURSELVES TO
BE SEEN. REALLY, TRULY DEEPLY SEEN."

BRENÉ BROWN

The Daring Way™, Weekend Intensive

led by

Tricia Nabors M.Ed., CPC, BCC, CWDF

12/2/2017 - 12/3/2017

at

Millport Conservatory

737 E Millport Road
Lititz, PA 17543



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**DARING GREATLY IS BEING BRAVE AND
AFRAID EVERY MINUTE OF THE
DAY AT THE EXACT SAME TIME.**

BRENÉ BROWN

References

- www.courageworks.com/classes/the-anatomy-of-trust/lessons/the-anatomy-of-trust