



# Book Review

TITLE: Daring Greatly

AUTHOR: Brene Brown

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## PRE-READING

Why are you reading it? Was it a recommendation? What do you know about the topic? Flip through the book - is there anything that catches your eye?

Years ago, I saw Jody Carrington speak and loved her. She mentioned Brene Brown and I asked her which book I should read first. She suggested Daring Greatly so I ordered it (but never read it). I ended up reading Dare to Lead and this one sat on my shelf until I wanted to learn more.

## A-HA MOMENTS

What a-ha moments did you have when reading?

- Shame derives its power from being unspeakable.
- Empathy is connecting with the emotion someone is experiencing, not the event or circumstance (p. 81)
- Growth is uncomfortable; we need to normalize it

## QUESTIONS

What questions do you have after reading that you want to investigate?

- Do I shame or empower myself?
- How do we create a culture of empathy and vulnerability where shame can't survive?
- How do we really start seeing each other? How do we create connection?

## CONNECTIONS

Can you relate what you read to another book, talk, podcast, topic?

- Perfectionism is self destructive (I've heard this on podcasts too) but perfectionism isn't thinking everything needs to be just so, but it creates a "I can't do this until I'm perfect" mentality
- "Perfection is the enemy of done. Good enough is really effin' good" Andrea Scher (I use the first half of this phrase all the time - I love the second sentence too (p. 135)

## ACTIONABLE IDEAS

What are 2-3 actionable items that you can implement?

- Ignore the anonymous comments - engage only with those willing to get in the arena with me.
- Could we post the Engaged Feedback Checklist in our breakout rooms or normalize it within our culture?

## POST-READ REFLECTIONS

Did you like this book? Are there other books by this author or on this topic that you might want to read? Would you recommend it to someone? Is there something from this book you want to learn more about?

This was a phenomenal book and will be one I read over again (probably multiple times). I recognize a lot from Dare to Lead and the Dare to Lead course I took. I see this as the theory/research and DTL as the framework for implementation. I would read any of her books.