



## READ-ALONG SCHEDULES

### *Dare to Lead Read-Along Schedule*

## 4 HOURS OF MEET UP TIME

All meeting times are one-hour in duration. Groups can meet weekly, bi-weekly, or monthly as long as the group commits to reading in between meet up times. Group exercises referenced below can be found in the *Dare to Lead* Read-Along workbook.

### Meeting 1

#### ***Before you meet:***

- Read Introduction and Part 1: Rumbling with Vulnerability, Section 1, pages 1-43
- Complete Section 1 Exercise 1: Square Squad
- Complete Section 1 Exercise 2: The Six Myths of Vulnerability (to share with group)

#### ***Group exercises and discussion:***

- Introduction Exercise 1: Permission Slips (10 minutes)
- Introduction Exercise 2: Container Building (20 minutes)
- Introduction Exercise 3: What Stands in the Way Becomes the Way (20 minutes)
- Section 1 Exercise 2: The Six Myths of Vulnerability – Round robin answers to #7 and #8 (10 min)

### Meeting 2

#### ***Before you meet:***

- Read Part 1: Rumbling with Vulnerability, Sections 2-3, pages 44-117
- Complete Section 2 Exercise 1: Assembling Your Armor
- Complete Section 2 Exercise 4: Care and Connection

#### ***Group exercises and discussion:***

- Section 2 Exercise 2: The Cave You Fear to Enter (10 min)
- Section 2 Exercise 3: Gritty Faith and Gritty Facts (15 min)
- Section 3 Exercise 1: Armored Leadership versus Daring Leadership (35 min)

## Meeting 3

### ***Before you meet:***

- *Read Part 1: Rumbling with Vulnerability, Section 4-5, and Part 2: Living Into Our Values, pages 118-217*
- *Complete Section 4 Exercise 1: Understanding Shame*
- *Complete Section 4 Exercise 4: Emotional Literacy*
- *Complete Section 4 Exercise 5: Empathy in Practice*
- *Complete Section 4 Exercise 6: Shame Shields*
- *Complete Section 5 Exercise 1: Rumble Starters*
- *Complete Section 5 Exercise 2: Horizon Conflict*

### ***Group exercises and discussion:***

- *Section 4 Exercise 2: How Does Shame Show Up at Work? (20 min)*
- *Section 4 Exercise 3: What Does Empathy Look Like? (10 min)*
- *Part 2 Exercise 1: Values Clarification (5 min)*
- *Part 2 Exercise 2: Taking Values from BS to Behavior - Share the 3 answers for each value only and complete the rest individually outside of meeting time (25 min)*

## Meeting 4

### ***Before you meet:***

- *Read Part 3: Braving Trust and Part 4: Learning to Rise, pages 219-272*
- *Complete Part 4 Exercise 2: Off-loading Strategies*
- *Complete Part 4 Exercise 3: The Reckoning, The Rumble and The Revolution.*

### ***Group exercises and discussion:***

- *Part 2 Exercise 3: Engaged Feedback Checklist (20 min)*
- *Part 3 Exercise 1: Operationalizing BRAVING (20 min)*
- *Part 4 Exercise 1: Getting Hooked (15 min)*
- *Close the session by having everyone share: What are 2-3 skills from *Dare to Lead* that you are committed to working on? (5 min)*

## *Dare to Lead Read-Along Schedule*

# **8 HOURS OF MEET UP TIME**

All meeting times are one-hour in duration. Groups can meet weekly, bi-weekly, or monthly as long as the group commits to reading in between meet up times. Group exercises referenced below can be found in the *Dare to Lead Read-Along* workbook.

### **Meeting 1**

#### ***Before you meet:***

- *Read Introduction, pages 1-15*

#### ***Group exercises and discussion:***

- Introduction Exercise 1: Permission Slips (10 minutes)
- Introduction Exercise 2: Container Building (20 minutes)
- Introduction Exercise 3: What Stands in the Way Becomes the Way (30 minutes)

### **Meeting 2**

#### ***Before you meet:***

- *Read Part 1: Rumbling with Vulnerability, Sections 1-2, pages 17-69*

#### ***Group exercises and discussion:***

- Section 1 Exercise 1: Square Squad (5 min)
- Section 1 Exercise 2: The Six Myths of Vulnerability (15 min)
- Section 2 Exercise 1: Assembling Your Armor (15 min)
- Section 2 Exercise 2: The Cave You Fear to Enter (10 min)
- Section 2 Exercise 3: Gritty Faith and Gritty Facts (15 min)

### **Meeting 3**

#### ***Before you meet:***

- *Read Part 1: Rumbling with Vulnerability, Section 3, pages 70-117*

#### ***Group exercises and discussion:***

- Section 2 Exercise 4: Care and Connection (25 min)
- Section 3 Exercise 1: Armored Leadership versus Daring Leadership (35 min)

## Meeting 4

### ***Before you meet:***

- *Read Part 1: Rumbling with Vulnerability, Section 4, pages 118-152*

### ***Group exercises and discussion:***

- Section 4 Exercise 1: Understanding Shame (15 min)
- Section 4 Exercise 2: How Does Shame Show Up at Work? (25 min)
- Section 4 Exercise 3: What Does Empathy Look Like? (20 min)

## Meeting 5

### ***Before you meet:***

- *Read Part 1: Rumbling with Vulnerability, Section 4, pages 152-163*

### ***Group exercises and discussion:***

- Section 4 Exercise 4: Emotional Literacy (20 min)
- Section 4 Exercise 5: Empathy in Practice (20 min)
- Section 4 Exercise 6: Shame Shields (20 min)

## Meeting 6

### ***Before you meet:***

- *Read Part 1: Rumbling with Vulnerability, Section 5, and Part 2: Living into Our Values, pages 164-197*

### ***Group exercises and discussion:***

- Section 5 Exercise 1: Rumble Starters (20 min)
- Section 5 Exercise 2: Horizon Conflict (10 min)
- Part 2 Exercise 1: Values Clarification (5 min)
- Part 2 Exercise 2: Taking Values from BS to Behavior - Share the 3 answers for each value only and complete the rest individually outside of meeting time (25 min)

## Meeting 7

### ***Before you meet:***

- Read Part 2: *Living into Our Values* and Part 3: *Braving Trust*, pages 198-238

### ***Group exercises and discussion:***

- Part 2 Exercise 3: Engaged Feedback Checklist (30 min)
- Part 3 Exercise 1: Operationalizing BRAVING (30 min)

## Meeting 8

### ***Before you meet:***

- Read Part 4: *Learning to Rise*, pages 239-272

### ***Group exercises and discussion:***

- Part 4 Exercise 1: Getting Hooked (15 min)
- Part 4 Exercise 2: Off-loading Strategies (20 min)
- Part 4 Exercise 3: The Reckoning, The Rumble and The Revolution. (25 min)
- Close the session by having everyone share: What are 2-3 skills from *Dare to Lead* that you are committed to working on? (5 min)

## *Dare to Lead Read-Along Schedule*

# 10 HOURS OF MEET UP TIME

All meeting times are one-hour in duration. Groups can meet weekly, bi-weekly, or monthly as long as the group commits to reading in between meet up times. Group exercises referenced below can be found in the *Dare to Lead Read-Along* workbook.

## Meeting 1

### ***Before you meet:***

- *Read Introduction, pages 1-15*

### ***Group exercises and discussion:***

- Introduction Exercise 1: Permission Slips (10 minutes)
- Introduction Exercise 2: Container Building (20 minutes)
- Introduction Exercise 3: What Stands in the Way Becomes the Way (30 minutes)

## Meeting 2

### ***Before you meet:***

- *Read Part 1: Rumbling with Vulnerability, Sections 1-2, pages 17-52*

### ***Group exercises and discussion:***

- Section 1 Exercise 1: Square Squad (15 min)
- Section 1 Exercise 2: The Six Myths of Vulnerability (20 min)
- Section 2 Exercise 1: Assembling Your Armor (25 min)

## Meeting 3

### ***Before you meet:***

- *Read Part 1: Rumbling with Vulnerability, Section 2, pages 52-69*

### ***Group exercises and discussion:***

- Section 2 Exercise 2: The Cave You Fear to Enter (15 min)
- Section 2 Exercise 3: Gritty Faith and Gritty Facts (15 min)
- Section 2 Exercise 4: Care and Connection (30 min)

## Meeting 4

### ***Before you meet:***

- *Read Part 1: Rumbling with Vulnerability, Section 3, pages 70-117*

### ***Group exercises and discussion:***

- Section 3 Exercise 1: Armored Leadership versus Daring Leadership (60 min)

## Meeting 5

### ***Before you meet:***

- *Read Part 1: Rumbling with Vulnerability, Section 4, pages 118-152*

### ***Group exercises and discussion:***

- Section 4 Exercise 1: Understanding Shame (15 min)
- Section 4 Exercise 2: How Does Shame Show Up at Work? (25 min)
- Section 4 Exercise 3: What Does Empathy Look Like? (20 min)

## Meeting 6

### ***Before you meet:***

- *Read Part 1: Rumbling with Vulnerability, Section 4, pages 152-163*

### ***Group exercises and discussion:***

- Section 4 Exercise 4: Emotional Literacy (20 min)
- Section 4 Exercise 5: Empathy in Practice (20 min)
- Section 4 Exercise 6: Shame Shields (20 min)

## Meeting 7

### ***Before you meet:***

- *Read Part 1: Rumbling with Vulnerability, Section 5, pages 164-181*

### ***Group exercises and discussion:***

- Section 5 Exercise 1: Rumble Starters (40 min)
- Section 5 Exercise 2: Horizon Conflict (20 min)

## Meeting 8

### *Before you meet:*

- *Part 2: Living into Our Values, pages 183-217*

### *Group exercises and discussion:*

- Part 2 Exercise 1: Values Clarification (5 min)
- Part 2 Exercise 2: Taking Values from BS to Behavior (25 min)
- Part 2 Exercise 3: Engaged Feedback Checklist (30 min)

## Meeting 9

### *Before you meet:*

- *Read Part 3: Braving Trust, pages 219-238*

### *Group exercises and discussion:*

- Part 3 Exercise 1: Operationalizing BRAVING (60 min)

## Meeting 10

### *Before you meet:*

- *Read Part 4: Learning to Rise, pages 239-272*

### *Group exercises and discussion:*

- Part 4 Exercise 1: Getting Hooked (15 min)
- Part 4 Exercise 2: Off-loading Strategies (20 min)
- Part 4 Exercise 3: The Reckoning, The Rumble and The Revolution. (25 min)
- Close the session by having everyone share: What are 2-3 skills from *Dare to Lead* that you are committed to working on? (5 min)

