



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)*

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)

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:

- Read Part 2: *Living into Our Values*, pages 183-21

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)