

# Brené Brown

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Dr. Brené Brown is a research professor at the University of Houston, where she holds the Huffington Foundation Endowed Chair at the Graduate College of Social Work. She also holds the position of visiting professor in management at The University of Texas at Austin McCombs School of Business.

Brené has spent the past two decades studying courage, vulnerability, shame, and empathy. She is the author of six #1 *New York Times* bestsellers and is the host of two award-winning podcasts, *Unlocking Us* and *Dare to Lead*.

Brené's books have been translated into more than 30 languages, and her titles include *Atlas of the Heart*, *Dare to Lead*, *Braving the Wilderness*, *Rising Strong*, *Daring Greatly*, and *The Gifts of Imperfection*. With Tarana Burke, she co-edited the bestselling anthology *You Are Your Best Thing: Vulnerability, Shame Resilience, and the Black Experience*.

Brené's TED talk on the Power of Vulnerability is one of the top five most-viewed TED talks in the world, with over 60 million views. She spends most of her time working in organizations around the world, helping develop braver leaders and more courageous cultures. In 2024, she was named as the executive director of The Center for Daring Leadership at BetterUp.

She lives in Houston, Texas, with her husband, Steve. They have two children, Ellen and Charlie, and a weird Bichon named Lucy.