



Brené? Brown

Bestselling Author, vulnerability researcher & storyteller

Brené's reputation as a speaker is built on her ability to explore difficult topics with tremendous honesty, warmth, and humor. She is a thought-leader, researcher, and storyteller with the rare ability to both inspire audiences and leave them with actionable change strategies.

Brené?'s biography

Brené? Brown's background

Dr. Brené Brown is a research professor at the University of Houston where she holds the Huffington Brené Brown Endowed Chair at The Graduate College of Social Work.

She has spent the past fourteen years studying courage, vulnerability, shame, and empathy and is the author of three #1 New York Times bestsellers – The Gifts of Imperfection, Daring Greatly and Rising Strong.

Her TED talk – The Power of Vulnerability – is one of the top five most viewed TED talks in the world with over 25 million views.

Brené is also the Founder and CEO of COURAGEworks – an online learning platform that offers classes based on her research. She has most recently developed courses based on her current study of how organizations develop brave leaders and courage cultures.

Brené lives in Houston, Texas with her husband, Steve, and their children Ellen and Charlie.

Brené?'s talks

- **The Inspirational Leader: Why courage, authenticity, and calm matter**

From developing talent and connecting with consumers, to building brands and fostering innovative cultures, [inspiration](#) is critical. Inspirational [leadership](#) is not about job titles and roles – it's a style of leadership available to anyone who is willing to practice courage in the midst of

fear, to choose authenticity over self-protection, and to foster calm in times of high reactivity.

- **The only constant is change: Developing courage, compassion and connection in over-stressed and anxious organizations**

For organizations to successfully navigate change, it is imperative that employees at all levels bring their best selves to work. But too often leaders and managers don't know how to navigate the emotional landscape of change – especially the human response to stress, anxiety, and fear. Unknowingly, leadership often incites the exact behaviors that sabotage the creativity, trust, and accountability that are essential to [managing change](#).

- **The Power of Vulnerability**

In our [culture](#), vulnerability has become synonymous with weakness. We associate vulnerability with emotions like fear, shame, and scarcity; emotions that we don't want to discuss, even when they profoundly affect the way we live, work, and even lead.

To reduce our feelings of vulnerability, we wake up every morning, put on our game face, and rarely take it off – especially at the office. We use invulnerability as a shield to protect us from uncomfortable emotions and struggles with anxiety and self-doubt. But invulnerability has a price. Vulnerability is indeed at the core of difficult emotions, but it is also the birthplace of: Creativity and [innovation](#), authenticity, adaptability to change and accountability – the key elements that every business needs to survive and thrive.

- **The hustle for worthiness: Exploring the power of love, belonging, and being enough**

A deep sense of love and belonging is an irreducible need of all men, women, and children. We are biologically, cognitively, physically, and spiritually wired to love, to be loved, and to belong. When those needs are not met, we don't function as we were meant to. We break. We fall apart. We numb. We ache. We hurt others. We get sick. We confuse purpose and meaning with acquisitions and accomplishments. We lose sight of what is important.

- **Great expectations: What Leaders and Managers need to understand about goals**

Setting, tracking, and celebrating goals are primary tasks in business; however, very few managers and leaders understand the emotional, cognitive, and behavioral anatomy of the goal process. Understanding the loaded dynamics of expectations, disappointments, and accomplishments gives us more tools for cultivating success with our own goals and becoming more effective [mentors](#) for our employees.

- **The gifts of imperfections: Guideposts for letting go of who we think we're supposed and embracing who we are**

Each day we face a barrage of images and messages from society and the [media](#) telling us who, what, and how we should be. We are led to believe that if we could only look perfect and lead perfect lives, we'd no longer feel less than. So most of us perform, please, and perfect, all the while thinking,

What if I can't keep all of these balls in the air?

Why isn't everyone else working harder and living up to my expectations?

What will people think if I fail or give up?

When can I stop proving myself?

