

ENGAGE. EMPOWER. LEAD.

QUALITIES OF A GREAT LEADER:

# VULNERABILITY

Vulnerable. / 'vəl-n(ə-)rə-bəl/

1: capable of being physically or emotionally wounded

2: open to attack or damage : ASSAILABLE, vulnerable to criticism

## THE POWER OF VULNERABILITY

“Brené Brown studies human connection – our ability to empathize, belong, love. In a poignant, funny talk, she shares a deep insight from her research, one that sent her on a personal quest to know herself as well as to understand humanity.”



## VULNERABILITY AS YOUR GREATEST STRENGTH



“Vulnerability is an act of courage because you merge with your authentic self, instead of hiding behind a facade to appease others.”

## WHAT BOSSES GAIN BY BEING VULNERABLE

“One example of authenticity and vulnerability is forgiveness. Forgiveness doesn’t mean tolerance of error but rather a patient encouragement of growth.”



## PRACTICE VULNERABILITY

- Promote a culture of transparency
- Encourage emotional check-ins
  - Ask: "what has your attention?"
- Share stories that show your human side

