

VALUE OF VULNERABILITY

Strategies:

- Vulnerability and authenticity are the root of human connection.
- Displaying vulnerability and authenticity shows you are trustworthy to those you are leading.
- Being trustworthy improves employee performance.
- Displaying vulnerability and authenticity can be done with things like forgiveness.

1. How do you define vulnerability?

2. How do you experience vulnerability?

3. What values guide your life? If you are not sure, get clear on what they are.

“Vulnerability sounds like truth and feels like courage. Truth and courage aren’t always comfortable, but they’re never weakness.”

— Brene Brown