

**Title:** Daring Greatly (2015)

**Author:** Brene Brown

**My Story:**

During a coaching session where the coach and coachee are sharing the same space, the coachee will often turn up, vulnerable. They reveal their stories, their narrative and how daring is that of the coachee? To give yourself permission to dare greatly! So when I saw the title of the book I knew I had to indulge and immerse myself in the words of the amazing Brene Brown, researcher and a great teller of stories.

**Why do I think this is a great book?**

This is a book that talks about subjects that we all tend to brush under the rug, play down and like most Brits hold firmly under that stiff upper lip.

As a reader you gain a wealth of information about Brown's research surrounding "worthiness". The book gives you anecdotes and research and the tools to dare greatly.

Brene is a story-teller and discusses how a culture of scarcity is at the core of many of our issues with vulnerability along with its sibling shame, compassion and disengagement. Brene highlights how our childhood experiences of shame change who we are, how we think about ourselves, and our sense of self-worth

**The Key Learning**

- Vulnerability is not a weakness but demonstrates courage and bravery
- We must open ourselves to vulnerability and own it
- Let your face speak what's in your heart
- Cultivate less shame self-talk
- Shame is so painful for children because it is inextricably linked to the fear of being unlovable
- The power of owning our stories, even the difficult ones, is that we get to write the ending

**Final Comment**

This book is not just a self-improvement book but a book based on research where the findings can be used to bring about significant change and improvement within school and with senior leaders, school staff and parents.