

brene brown values assessment

Brene Brown Values Assessment: Discovering What Truly Matters to You

brene brown values assessment is a powerful tool rooted in the research and teachings of Dr. Brené Brown, a renowned researcher known for her work on vulnerability, courage, and authenticity. At its core, this assessment helps individuals identify their core values, the guiding principles that shape decisions, behaviors, and relationships. Understanding these values not only fosters deeper self-awareness but also enhances personal growth, leadership, and emotional resilience.

If you've ever felt disconnected from your purpose or unsure about the priorities that drive your choices, exploring your values through a Brené Brown-inspired lens can offer clarity and direction. This article will dive into what the Brené Brown values assessment entails, why it matters, and how you can use it to live a more wholehearted life.

What Is the Brené Brown Values Assessment?

At its essence, the Brené Brown values assessment is a reflective exercise designed to help individuals pinpoint what they value most in life. Unlike some personality tests or career assessments, this approach centers on deeply personal, often intangible qualities such as courage, compassion, integrity, and connection.

Brené Brown's research highlights that when we live in alignment with our core values, we experience greater authenticity, joy, and resilience. Conversely, when our actions contradict what we truly value, it can lead to feelings of shame, frustration, or disconnection.

The Foundation of Brené Brown's Work on Values

Brown's studies on vulnerability and shame reveal that values act as an internal compass—guiding us through life's challenges. She emphasizes that values are not just abstract ideas but are reflected in our daily behaviors and choices. The assessment encourages you to move beyond surface-level values and uncover the ones that resonate deeply with your sense of self.

By engaging in this kind of self-inquiry, you develop what Brown calls "wholehearted living," which involves embracing vulnerability and living with courage and compassion toward yourself and others.

Why Taking a Brené Brown Values Assessment Matters

Understanding your core values can transform how you approach relationships, career decisions, and personal challenges. Here's why this type of assessment can be a game-changer:

- **Improved Decision-Making:** When you know your values, you can make choices more

confidently, knowing they align with what truly matters to you.

- **Enhanced Emotional Resilience:** Values provide a stable foundation during tough times, helping you bounce back with greater strength.
- **Deeper Connections:** Living authentically fosters trust and intimacy in your relationships because others sense your genuine nature.
- **Greater Fulfillment:** Aligning your actions with your values leads to a more meaningful and satisfying life.

How This Assessment Supports Leadership and Growth

In leadership, Brené Brown's values assessment is particularly impactful. Leaders who understand their core values can inspire teams, build trust, and create a culture of vulnerability and innovation. Brown's emphasis on courage and empathy as leadership values encourages leaders to model authenticity, which in turn motivates others to do the same.

Additionally, this self-awareness helps leaders navigate ethical dilemmas by anchoring decisions in their fundamental beliefs and principles.

How to Conduct Your Own Brené Brown Values Assessment

While there are formal tools inspired by Brené Brown's work, you can also engage in a personal values assessment with a few thoughtful steps.

Step 1: Reflect on Meaningful Moments

Think back to moments when you felt truly fulfilled or proud. What qualities or values were present during these times? For example, was it honesty, creativity, or connection that made those experiences significant?

Step 2: Identify Your Top Values

From your reflections, compile a list of values that resonate strongly with you. Brené Brown encourages focusing on values that feel authentic rather than aspirational. Here are some examples of common core values:

- Courage

- Integrity
- Compassion
- Belonging
- Gratitude
- Vulnerability
- Respect
- Authenticity

Step 3: Prioritize and Define Each Value

Narrow down your list to your top 5-7 values. For each, write a personal definition of what it means to you. This helps clarify how these values manifest in your life.

Step 4: Evaluate Your Current Alignment

Assess how your current habits, decisions, and relationships align with these values. Are there areas where you're living in conflict with your core values? Recognizing this gap is a crucial step toward change.

Step 5: Create Actionable Goals

Set small, achievable goals that help you live more in alignment with your values. For example, if vulnerability is a core value, you might commit to sharing your feelings more openly with trusted friends or colleagues.

Integrating Brené Brown Values Assessment into Daily Life

Knowing your values is only the beginning. The real transformation comes from integrating these insights into everyday actions.

Practice Self-Compassion

Brown teaches that vulnerability and self-compassion go hand in hand. When you encounter setbacks or realize you've acted out of alignment with your values, approach yourself with kindness instead of judgment.

Use Values as a Decision-Making Filter

Before making significant decisions—whether personal or professional—pause and ask yourself, “Does this choice align with my core values?” This simple question can prevent misalignment and promote integrity.

Communicate Your Values Openly

Sharing your values with those around you can foster deeper understanding and connection. It also sets clear expectations and boundaries, which are essential for healthy relationships.

Tools and Resources Inspired by Brené Brown's Values Assessment

Several platforms and workbooks incorporate Brené Brown's teachings to help individuals dive deeper into their values:

- **The Daring Way™**: A training program based on Brown's research that includes exercises to identify and live by your values.
- **Books like “Dare to Lead” and “The Gifts of Imperfection”**: These provide detailed insights and practical exercises related to values and wholehearted living.
- **Online Values Lists and Worksheets**: Many free resources inspired by Brown's work are available for self-guided assessments.

Using these tools can support ongoing reflection and growth, making the values assessment a dynamic part of your personal development journey.

Understanding the Connection Between Values and

Vulnerability

One of the core themes in Brené Brown's work is the interplay between values and vulnerability. Living according to your values often requires courage—the willingness to be seen and to take risks in relationships and work.

Brown argues that vulnerability isn't a weakness but a source of strength. When you allow yourself to be vulnerable, especially in alignment with your values, you open the door to authentic connections and meaningful change.

This perspective reframes vulnerability from something to avoid into a fundamental component of living a value-driven life.

Exploring your core values through a Brené Brown values assessment isn't just a reflective exercise—it's a doorway to a more courageous, connected, and authentic life. Whether you're seeking personal growth, stronger relationships, or effective leadership, understanding and living your values can be a guiding light through life's complexities. By embracing vulnerability and aligning with what truly matters, you embark on a journey toward wholehearted living that is both fulfilling and transformative.

Frequently Asked Questions

What is the Brené Brown Values Assessment?

The Brené Brown Values Assessment is a tool designed to help individuals identify and understand their core personal values, which guide their behaviors, decisions, and relationships.

How does the Brené Brown Values Assessment work?

The assessment involves reflecting on a list of values and selecting those that resonate most deeply, helping individuals clarify what truly matters to them in life and work.

Why are values important according to Brené Brown?

Brené Brown emphasizes that knowing and living by your values fosters authenticity, courage, and resilience, enabling meaningful connections and purposeful living.

Can the Brené Brown Values Assessment be used in leadership development?

Yes, it is widely used in leadership development to help leaders align their actions with their core values, promoting ethical decision-making and inspiring trust among teams.

Is the Brené Brown Values Assessment available online for free?

Many versions and summaries inspired by Brené Brown's work are available online for free, but official or comprehensive assessments may be part of her workshops or paid programs.

How often should someone revisit their values assessment?

It's recommended to revisit your values assessment periodically, such as annually or during major life changes, to ensure alignment with evolving personal and professional goals.

What are some common values identified in the Brené Brown Values Assessment?

Common values include courage, compassion, integrity, vulnerability, connection, and authenticity, reflecting themes central to Brené Brown's work.

How can understanding your values improve mental health?

Understanding and living according to your values can reduce internal conflict, increase self-acceptance, and promote emotional well-being, as emphasized in Brené Brown's research on shame and vulnerability.

Does the Brené Brown Values Assessment include guidance on how to apply identified values?

Yes, the assessment often includes reflective questions and practical advice on integrating values into daily life, decision-making, and relationships.

How is vulnerability related to values in Brené Brown's assessment?

Brené Brown highlights vulnerability as a key value that enables courage and authenticity, encouraging individuals to embrace uncertainty and emotional exposure as part of meaningful living.

Additional Resources

Brene Brown Values Assessment: Exploring the Framework Behind Personal and Professional Growth

brene brown values assessment has emerged as a significant tool in personal development and leadership training, rooted in the groundbreaking research of Dr. Brené Brown. As a research professor and bestselling author, Brown's work delves deeply into vulnerability, courage, empathy, and shame, positioning values at the core of authentic living and effective leadership. The values assessment she developed serves as a guiding compass for individuals seeking clarity on what truly matters to them, thereby enhancing decision-making, aligning behaviors, and fostering resilience.

Understanding the methodology and impact of the Brene Brown values assessment requires an exploration of its conceptual underpinnings, practical applications, and how it compares with other values-based tools in the personal development sphere. This article provides a comprehensive, analytical review of the assessment, highlighting its unique features and relevance in today's complex emotional and professional landscapes.

What Is the Brene Brown Values Assessment?

At its core, the Brene Brown values assessment is a reflective exercise designed to help individuals identify and prioritize their core values. Unlike generic value lists or personality tests, Brown's approach emphasizes the relationship between values and vulnerability, encouraging participants to confront discomfort and resistance in order to uncover authentic priorities.

The assessment typically involves participants reviewing a curated list of values—such as courage, compassion, integrity, and connection—and selecting those that resonate most deeply. This process is not merely about ticking boxes but involves introspection about how these values manifest in one's life and where gaps may exist between professed values and lived behaviors.

Key Features of the Assessment

- **Values Identification:** Participants explore a broad array of values, often narrowing down to around 10-12 core values.
- **Reflective Prompts:** The assessment integrates journaling or guided reflection to deepen understanding of each chosen value.
- **Action Alignment:** It encourages individuals to evaluate how their daily actions align with their values, fostering congruence.
- **Vulnerability Integration:** Brown's framework uniquely ties values to vulnerability, emphasizing courage in living authentically.

This multifaceted approach makes the Brene Brown values assessment distinct from more static personality or strengths assessments, as it actively involves emotional engagement and self-compassion.

Analytical Review: Strengths and Limitations

From a professional standpoint, the Brene Brown values assessment offers several notable advantages. First, its foundation in empirical research on human emotion and behavior lends credibility and depth, contrasting with superficial tests that may lack psychological rigor. Brown's emphasis on vulnerability as a strength reframes common leadership challenges, such as fear of

failure or impostor syndrome, encouraging individuals to embrace imperfections as part of their value-driven journey.

The assessment's reflective nature cultivates mindfulness and self-awareness, qualities that are increasingly valued in both personal growth and organizational leadership contexts. It supports stronger emotional intelligence by helping users recognize where their values conflict with external pressures or internal fears.

However, some critiques point to potential limitations. The subjective nature of values can make consistent measurement challenging, and without skilled facilitation, some users might struggle to engage meaningfully with the assessment. Additionally, the process may be time-consuming compared to more straightforward inventories, which could deter those seeking quick insights.

Comparison with Other Values and Personality Assessments

When positioned alongside tools like the VIA Character Strengths Survey or the Myers-Briggs Type Indicator (MBTI), the Brene Brown values assessment offers a more emotionally nuanced framework. Unlike MBTI, which categorizes personality traits, or VIA, which identifies character strengths, Brown's assessment explicitly connects values with vulnerability and courage, fostering a holistic approach to self-growth.

- **VIA Survey:** Focuses on character strengths but lacks the emotional vulnerability component central to Brown's method.
- **MBTI:** Categorizes personality types but does not assess values or emotional alignment.
- **Brene Brown Assessment:** Emphasizes emotional engagement, value-action alignment, and courage, offering a more integrative experience.

This differentiation makes the Brene Brown values assessment particularly effective in coaching environments where emotional transparency and resilience are critical.

Applications in Leadership and Personal Development

The practical utility of the Brene Brown values assessment manifests across various domains. In leadership development programs, the tool is used to help leaders align their decision-making with personal and organizational values, fostering authentic leadership styles. This alignment has been linked to increased employee trust, engagement, and ethical behavior in numerous case studies.

On a personal level, individuals use the assessment to gain clarity during times of transition or challenge. By identifying core values and reflecting on how these are honored or compromised in daily life, users can make deliberate choices that enhance well-being and reduce cognitive dissonance.

Integrating the Assessment into Coaching and Therapy

Mental health professionals and executive coaches often incorporate the Brene Brown values assessment to facilitate deeper conversations about identity and purpose. Its focus on vulnerability aligns well with therapeutic approaches that prioritize emotional honesty and resilience-building.

In coaching, the assessment can serve as a foundation for goal-setting, ensuring that aspirations are congruent with authentic values rather than external expectations. This congruence increases motivation and reduces burnout risk.

SEO-Optimized Takeaways on Brene Brown Values Assessment

For those searching for tools that combine emotional intelligence with values clarification, the Brene Brown values assessment stands out as a compelling option. Searches related to “values clarification tools,” “emotional intelligence assessments,” and “leadership values exercises” often lead to discussions about Brown’s methodology due to its unique integration of vulnerability and courage.

Moreover, content focusing on “how to align personal values with actions” or “authentic leadership development” frequently references Brene Brown’s frameworks. The values assessment is often cited in articles, workshops, and online courses that explore the intersections of psychology, leadership, and personal growth.

By naturally embedding keywords such as “core values identification,” “vulnerability in leadership,” and “values-based decision making,” the discourse around the Brene Brown values assessment maintains relevance for both individual users and organizational leaders seeking meaningful development tools.

The assessment’s growing popularity is also reflected in social media conversations and podcasts, where terms like “Brene Brown vulnerability assessment” and “values-driven leadership” are commonly discussed, underscoring its resonance with contemporary audiences.

In sum, the Brene Brown values assessment represents a sophisticated and emotionally intelligent approach to understanding and living one’s values. Its emphasis on vulnerability and courage differentiates it from more conventional tools, offering a rich, reflective process that supports authenticity and resilience in both personal and professional realms. Whether integrated into coaching, leadership development, or personal exploration, this assessment continues to provide valuable insights for those committed to aligning their lives with what matters most.

[Brene Brown Values Assessment](#)

Principals know all too well the complexities of effective school leadership. To successfully navigate the journey's ups and downs, you'll need to rely on the appropriate gear. In *The Principal's Backpack*, Nancy Karlin Flynn draws on her background as a hiker and her experience leading schools to provide ways to not only survive but thrive as a school leader. K-12 principals will: Create a mental map for health and well-being with tips on getting organized, setting goals, decision making, and finding their purpose Focus on psychological safety, know the laws, discover their strengths, create a network, and study their boss Benefit from a wide variety of reproducible templates, handouts, models, paradigms, strategies, inventories, activities, and surveys Build tactics on self-management and being mindful, staying calm, keeping their balance, using listening skills, expressing themselves, and stretching their limitations Understand effective, realistic ways to engage in physical and emotional self-care Learn how to unpack the events of the day by giving themselves some grace, having moments of self-reflection, laughing about it, recharging, and celebrating Contents: Introduction Chapter 1: Mapping Your Route Chapter 2: Packing Your Bag Chapter 3: Navigating the Trail Chapter 4: Unpacking Your Bag Conclusion References and Resources Index

brene brown values assessment: Executive Recruitment in Sport Ian Lawrence, 2025-09-01 Professional sports teams are engaged in a fiercely competitive race for success both 'on' and 'off' the field. This vital work will appeal to those individuals responsible for recruitment and appointment of elite staff and the research conclusions will have far-reaching implications for analysis of 'C-Suite' recruitment.

brene brown values assessment: Rehumanizing Assessment Tom Schimmer, Natalie Vardabasso, 2025-05-09 Discover the transformative power of storytelling in assessment and student learning. Drawing on culturally responsive practices, this approach fosters innovation, self-reflection, and student engagement. Through narrative-based strategies, educators can elevate formative and summative assessments, promoting authentic, competency-based learning; meaningful growth; and deeper connections to critical competencies, as well as cultural archetypes. This guide helps educators reimagine assessment in diverse, student-centered classrooms. K-12 teachers can use this book to: Revitalize assessment to encourage students' growth as critical, creative thinkers Elevate student engagement through creative responses and personal reflections Employ elements of narrative structure to explore and hone student competencies Cultivate student agency and innovation in contemplating and expressing knowledge Create opportunities for students to find personal meaning in their learning experiences Contents: Introduction Part 1: Looking Back to Look Forward Chapter 1: Humanity Through Story Chapter 2: Essential Assessment Through Story Chapter 3: Critical Competencies Through Story Part 2: Learning Through Story Chapter 4: Conflict Through Story Chapter 5: Harmony Through Story Chapter 6: Reflection Through Story Chapter 7: Perspective Through Story Chapter 8: Imagination Through Story Chapter 9: Craft Through Story Epilogue References and Resources Index

brene brown values assessment: When the Center Does Not Hold David R. Brubaker, 2019-11-05 Over the past forty years, congregations, businesses, other organizations, and communities across the United States have become increasingly divided along political and ideological lines. In *When the Center Does Not Hold*, David R. Brubaker, with contributions by colleagues Everett Brubaker, Carolyn Yoder, and Teresa J. Haase, offers relevant, practical mentorship on navigating polarized environments. Through easily accessible stories, they provide tools and processes that will equip leaders to both manage themselves and effectively lead others in highly polarized and anxious systems. Coaching includes guidance on key characteristics of effective leadership in times of polarization: refusing contempt, honoring dignity, broadening binaries, seeking first to understand, inviting disagreement, and staying connected. With years of combined experience in the fields of conflict transformation and organizational and leadership studies, Brubaker and his colleagues offer hope. Here, readers learn from leaders and communities that continue to renew the covenants that bind them, courageously address deeper needs that drive conflict, and hold on to a moral center while navigating the storms of polarization.

brene brown values assessment: No Child is Missed, No Child Misses Out Hannah Moloney, 2025-06-30 This book offers an evidence-based approach to empower early years, primary and secondary education professionals to identify individual pupil needs quickly and carefully, without the long wait or cost for a specialist diagnosis. The resource guides the reader through aspects of core cognitive testing, showing how to identify specific areas of need from phonological and visual processing to executive functioning and mental health. It advocates for child-centred and school-based solutions for “what now?” and “what next?”, based on screening data, and supports SEND teams to provide targeted strategies and advice for colleagues and families alike. At a strategic level, the book enables school leaders to use cohort data over time to anticipate trends and to develop and improve provision, policies, and practice, ensuring that no child misses out. With suggestions for quick, free, easy and timely assessments, this comprehensive resource is an invaluable tool for all SEND professionals working in or alongside mainstream and alternative provision at early years, primary or secondary level.

brene brown values assessment: Leadership Peter G. Northouse, 2024-11-27 Now with a new chapter on Social Identity Leadership! Adopted in thousands of courses in 89 countries and translated into 15 different languages, this market-leading text successfully combines an academically robust account of the major theories and models of leadership with an accessible style and focus on how leadership theory can inform leadership practice. Peter G. Northouse uses a consistent structure for each chapter, allowing readers to easily compare and contrast different theories. Case studies and questionnaires provide students with practical examples and opportunities to deepen their understanding of their own leadership style.

brene brown values assessment: Sudden Leadership Malcolm Ogborn, 2022-01-31 If you have been tapped on the shoulder to take on a formal or informal physician, medical, healthcare or technical field leadership role, and are wondering How do I do this?, this book is here to help. In a creative yet straightforward fashion, Dr. Malcolm Ogborn provides a valuable and insightful resource that can support professionals, particularly physicians, who find themselves thrust into leadership roles requiring knowledge and skills that have not been part of their professional training. Sudden Leadership follows the early leadership journeys of two fictitious physicians. For each scenario in which the characters find themselves, Dr. Ogborn reviews relevant, evidence-based literature and offers pragmatic and field-tested approaches that allow new professional leaders to face their challenges with confidence. Topics include • defining your leadership, including knowing when to take a leadership role and when to turn it down • attracting and, more importantly, engaging followers and knowing when to lead by being a good follower • motivating and managing others doing the work and mastering the skills of delegation • running meetings that actually work rather than get in the way of work • handling tough conversations skilfully to achieve progress not confrontation • strong team leadership by embracing the natural development of teams and skillfully adapting your leadership style to changing team needs • mastering time allocation by understanding how you think about time, how you make time related decisions, and how you hold your self accountable for good use of your time. • successfully managing conflict as an inevitable and surprisingly productive part of human experience. • preventing burnout by recognizing it as an occupational phenomenon, not a mental illness • leading change or system improvement through clear targeting, familiarity with the determinants of change acceptance, well-planned and skilled advocacy and effective recruitment of a change team and allies Engaging and educational, Sudden Leadership will make a vital addition to any professional's library.

brene brown values assessment: Leading Systems Change in Public Health Kristina Y. Risley, Christina R. Welter, Grace Castillo, Brian C. Castrucci, 2021-12-04 “The authors bring a passion for social justice, equity, and inclusivity to the dialogue about changing the unjust systems that create disparate population health outcomes.” ©Doody’s Review Service, 2022, Suzan C Ulrich, Dr.PH, MSN, MN, RN, CNM, FACNM (Resurrection University) Leading Systems Change in Public Health: A Field Guide for Practitioners is the first resource written by public health professionals for public health professionals on how to improve public health by utilizing a systems change lens. Edited by

leaders from the de Beaumont Foundation and the University of Illinois Chicago School of Public Health with chapters written by a diverse array of public health leaders, the book provides an evidence-based framework with practical strategies, processes, and tools for enacting meaningful change. Complete with engaging stories and tips to illustrate concepts in action, this book is the essential guide for current and future public health leaders working within and across individual, interpersonal, organizational, cross-sector, and community levels. The book addresses subjects such as change leadership, health equity, racial justice, power sharing, and readiness for change. It addresses best practices for enacting change at different levels, including at the personal, interpersonal, organizational, and team or cross-sector level, while describing the factors, the processes, skills, and tools required for leading complex change. It not only covers the process of leading systems change but also the importance of community organizing and coalition building, identifying a shared understanding of the problem, how to leverage the lessons of implementation science, and how to understand the relationship between sustainability and public health. Practical examples and stories highlight challenges and opportunities, systems change in action, and the importance of crisis leadership – including lessons learned from the COVID-19 pandemic. Key Features: Enables practitioners to improve public health by utilizing a systems change approach Applies systems change strategies to help discover solutions for improved community health equity and racial justice Integrates practical public health examples and stories from innovative leaders in the field Includes tools for how to implement internal processes that generate creative and effective system change leadership

brene brown values assessment: *Reframing Assessment to Center Equity* Gavin W. Henning, Gianina R. Baker, Natasha A. Jankowski, Anne E. Lundquist, Erick Montenegro, 2023-07-03 This book makes the case for assessment of student learning as a vehicle for equity in higher education. The book proceeds through a framework of “why, what, how, and now what.” The opening chapters present the case for infusing equity into assessment, arguing that assessment professionals can and should be activists in advancing equity, given the historic and systemic use of assessment as an impediment to the educational access and attainment of historically marginalized populations. The “what” chapters offer definitions of emerging terms, discuss the narratives of equity in evidence of student learning, present models and approaches to promoting equity, and explore the relationship between knowledge systems and assessment practice. The “how” chapters begin by progressively moving from the classroom to the program, then beyond the program level to share examples from student affairs. Subsequent chapters address the problem of equitable access to STEM fields; culturally responsive practices within the context of community colleges; the ongoing work of culturally situated assessment practices in Historically Black Colleges and Universities; and the role of technology-enabled assessment as a possible tool for equitable assessment. The final two chapters in the book address the “now what”, providing a way for assessment professional to develop individual awareness within their practice as a next step in the equity journey, and a conceptual framework to anchor equity in their work.

brene brown values assessment: *Coach Yourself!* Antonia Bowring, 2023-09-18 Become the best version of yourself using these practical frameworks exploring the power of performance coaching from a Top NYC Executive Coach. Coach Yourself! is a guide for people who are committed to increasing their awareness about behaviors that aren’t serving them at work or in the rest of their lives, and then taking the necessary actions to move forward. If you’re ready to explore changing habits and behaviors to improve how you show up in work and life, this book is for you. With practical and accessible frameworks exploring the power of performance coaching, Top NYC Executive Coach Antonia Bowring teaches readers to use her performance coaching formula: increased awareness + changed behavior = flourishing individual and thriving work performance. Bowring offers recipes, frameworks, and tools you can use to navigate the exhilarating, and inevitably bumpy, journey through your professional life. You’ll discover: Foundational definitions and concepts, including discussions about the different kinds of coaching, the benefits they bring to the table, and the processes they use The importance of your values, and how they anchor your

progress through your coaching journey Communication strategies used by the world's most effective problem-solvers and decision-makers in the world While this will be an essential guide for professionals and leaders, anyone can pick up this book and apply the frameworks to various aspects of their life. The essence of coaching is that we have the answers inside ourselves, and the role of the coach is to help us access our own answers.

brene brown values assessment: Intentional Power Lisen Stromberg, JeanAnn Nichols, Corey Jones, 2023-10-10 Intentional Power: The 6 Essential Leadership Skills for Triple Bottom Line Impact is THE playbook for modern leaders. Intentional Power: The 6 Essential Leadership Skills for Triple Bottom Line Impact explores how the transition from shareholder capitalism to stakeholder capitalism has created an urgent need for a new model of leadership; a model that enables leaders to navigate competing demands from both internal and external stakeholders including the most racially and age-diverse workforce in history, activist investors, purpose-driven customers, and global government regulators. Intentional Power argues persuasively for a more inclusive, comprehensive approach to leadership disrupting the conventional approach that has been taught for decades in business books, management courses, and by traditional leaders themselves. It is a guide for delivering triple bottom-line impact: enhancing profits, people, and the planet. Written by Lisen Stromberg, JeanAnn Nichols, and Corey Jones, three leadership experts who bring a wealth of experience from their decades of working within companies and alongside leaders as advisors, coaches, and corporate consultants, Intentional Power is a call to action for the next generation of leaders to move beyond an entirely individual focus toward a more sustainable approach to lead and succeed. Deeply researched, the authors draw on an extensive review of the latest literature and insights on leadership development, cognitive and positive psychology, organizational design, and performance management, as well as extensive interviews with leaders across several industries to highlight the most critical skills required by today's executives and managers. They offer a new model of leadership, the HEARTI® model, built on six core competencies: Humility, Empathy, Accountability, Resiliency, Transparency, and Inclusivity. These 6 leadership skills are essential for success in today's new world of work. You'll also find: A comprehensive, inclusive, and effective approach to leading organizations through the rest of the 21st century Examples from leaders across numerous industries who are driving impact for the teams, the companies, and the world at large Practical How-To's and actionable Leader Tool Kit activities to help you learn and apply the skills discussed in the book An essential and exciting new resource for next-generation and practicing leaders ready to create profitable companies full of meaning and purpose, Intentional Power is the hands-on leadership guide that founders, entrepreneurs, directors, executives, managers, and impact-driven employees everywhere have been waiting for.

brene brown values assessment: From Burnt Out to Fired Up Morgane Michael, 2021-11-25 Overwhelmed teachers, this book is for you. The truth is that you can be remarkable without burning out. Drawing from the latest research and her own teaching experiences, author Morgane Michael delivers doable strategies to reignite your passion and replenish your well-being. Make a commitment today to begin a new chapter--one where you continue to make a difference while maintaining a deep sense of wellness, worthiness, and wholeheartedness. Learn why burnout happens and what you can do to thrive once again. Explore the five Rs--reflect, reframe, refocus, reconnect, and reveal--and understand how each can help counter burnout. Acquire a clear road map for reigniting your love for teaching. Inspire others to reignite their own passion for education. Discover how to sustain your passion and avoid burnout going forward. Contents: Introduction Chapter 1: Reflect--How to Tune In and Check Up on Yourself Chapter 2: Reframe--How to Be Resilient in the Face of Adversity Chapter 3: Refocus--How to Harness Intentionality to Reach Your Goals and Dreams Chapter 4: Reconnect--How to Boost the Quality of the Social Connections in Your Life Chapter 5: Reveal Your True Self--How to Embrace Creativity as an Expression of Your Humanity Chapter 6: Reignite--Craft Your Own Roadmaps to Go From Burnt Out to Fired Up! References and Resources Index

brene brown values assessment: Inclusion: A Principled Guide for Early Career

Teachers Nicola Crossley, Des Hewitt, 2025-08-14 This accessible book guides early career teachers (ECTs) through key areas of inclusion, providing context and understanding, sharing diverse reflections from practice, and introducing the essential principles of inclusive teaching. Chapters explore a range of pertinent topics and perspectives on inclusion, from our values and pedagogy to understanding behaviour and disadvantage in the classroom. Each area is aligned with the Teachers' Standards to provide clarity on professional responsibilities and to show how inclusive practice weaves through every area of teaching. The book includes: A comprehensive overview of inclusion, with tools that can be utilised immediately Advice on adapting the curriculum and teaching to embrace inclusion Consideration of SEND and neurodiversity over time, with attention paid to reasonable adjustments to ensure all learners can thrive Recognition of the importance of culture and community, with guidance on working effectively with families to best support pupils Illustrative think pieces written by ECTs to bring theory to life and stimulate debate and reflection. With accompanying infographics included to summarise key themes, this valuable book places inclusion at the core of high-quality teaching and ensures all ECTs are supported to be the best they can be in an ever-changing world. It is essential reading for all early career teachers, as well as trainee teachers and teacher training providers.

brene brown values assessment: Dare to Lead Brené Brown, 2018-10-09 #1 NEW YORK TIMES BESTSELLER • Brené Brown has taught us what it means to dare greatly, rise strong, and brave the wilderness. Now, based on new research conducted with leaders, change makers, and culture shifters, she's showing us how to put those ideas into practice so we can step up and lead. Don't miss the five-part Max docuseries Brené Brown: Atlas of the Heart! ONE OF BLOOMBERG'S BEST BOOKS OF THE YEAR Leadership is not about titles, status, and wielding power. A leader is anyone who takes responsibility for recognizing the potential in people and ideas, and has the courage to develop that potential. When we dare to lead, we don't pretend to have the right answers; we stay curious and ask the right questions. We don't see power as finite and hoard it; we know that power becomes infinite when we share it with others. We don't avoid difficult conversations and situations; we lean into vulnerability when it's necessary to do good work. But daring leadership in a culture defined by scarcity, fear, and uncertainty requires skill-building around traits that are deeply and uniquely human. The irony is that we're choosing not to invest in developing the hearts and minds of leaders at the exact same time as we're scrambling to figure out what we have to offer that machines and AI can't do better and faster. What can we do better? Empathy, connection, and courage, to start. Four-time #1 New York Times bestselling author Brené Brown has spent the past two decades studying the emotions and experiences that give meaning to our lives, and the past seven years working with transformative leaders and teams spanning the globe. She found that leaders in organizations ranging from small entrepreneurial startups and family-owned businesses to nonprofits, civic organizations, and Fortune 50 companies all ask the same question: How do you cultivate braver, more daring leaders, and how do you embed the value of courage in your culture? In Dare to Lead, Brown uses research, stories, and examples to answer these questions in the no-BS style that millions of readers have come to expect and love. Brown writes, "One of the most important findings of my career is that daring leadership is a collection of four skill sets that are 100 percent teachable, observable, and measurable. It's learning and unlearning that requires brave work, tough conversations, and showing up with your whole heart. Easy? No. Because choosing courage over comfort is not always our default. Worth it? Always. We want to be brave with our lives and our work. It's why we're here." Whether you've read Daring Greatly and Rising Strong or you're new to Brené Brown's work, this book is for anyone who wants to step up and into brave leadership.

brene brown values assessment: Handbook of Anti-Discriminatory Education Ardavan Eizadirad, Peter Pericles Trifonas, 2025-05-29 This comprehensive handbook addresses issues related to anti-discriminatory education as it relates to children, youth, young adults, families, and practitioners across a series of age groups, sectors, communities, and countries. It seeks to map a holistic interdisciplinary overview of the field examining how policies, practices, and initiatives

within unique social, political, and cultural contexts have been enacted to advance anti-discriminatory education for improved equity, diversity, and inclusion outcomes leading to thriving school-community ecosystems. The work draws on a range of theoretical frameworks, hybrid perspectives, and research projects to provide multiple examples about the challenges, complexities, and nuances involved in theorizing and doing the work of anti-discriminatory education in local communities and on a macro institutional level. With intentionality, authors from various backgrounds, identities, fields, and positionalities describe and discuss various social justice and equity issues and how they strategize, mobilize, and navigate unique micro and macro dynamics affiliated with power and privilege for the purpose of advancing the field of anti-discriminatory education. Overall, the chapters cover a range of topics and issues from various practitioners and community perspectives around the intersectionality and divergence of navigating micro lived experiences and macro institutional policies and practices to bridge the gap between theory and action with respect to anti-discriminatory education. The book is divided into 4 sub-sections: Early Childhood Education (Early years up to approx. 10 years old), Elementary and Middle School Years (approx. 11 to 14 years old), Secondary Schools (approx. 15 to 19 years old), and Higher Education (Post-Secondary).

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