

# The art of self-coaching

Ed Batista

CLASS 6: VULNERABILITY



Seth Anderson

# Class 6



# Vulnerability



# Vulnerability



**Ed Batista** @edbatista · 1h

Coming up next week in The Art of Self-Coaching [@StanfordBiz](#): VULNERABILITY (& meta-emotion). I always love sharing the work of [@BreneBrown](#).



**Brené Brown**

@BreneBrown



Following

[@edbatista](#) [@StanfordBiz](#) I looked at your syllabus online. I want to be in your course!

LIKE

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3:47 PM · 30 Apr 2016

# Agenda

Small groups

35 mins

Vulnerability

25 mins

A conversation

20 mins

For next time...

5 mins



# Before we get down to business



# **Debrief in your quartet**

**What was that like?**

**How did it feel?**

# Shame & empathy

A close-up, black and white photograph of two hands clasped together. The hands are positioned in the center of the frame, with fingers interlaced. The lighting is dramatic, with strong shadows and highlights on the skin, emphasizing the texture and depth of the hands. The background is dark and out of focus.

# **Shame & empathy**

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**Shame** = I'm flawed & unworthy

**Empathy** = The antidote to shame

# **Shame & empathy**

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**Shame = Creates distance**

**Empathy = Creates closeness**

# Shame & empathy

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**Disclosures** often trigger shame  
*(or embarrassment or vulnerability)*

# Shame & empathy

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But typical responses **block** empathy

1. “*Look on the bright side*”
2. “*My problem’s worse*”
3. “*Here’s some advice*”

# Shame & empathy

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Instead...

1. Avoid **judgments**
2. Sense & validate **emotions**
3. Convey understanding (**≠ agreement**)

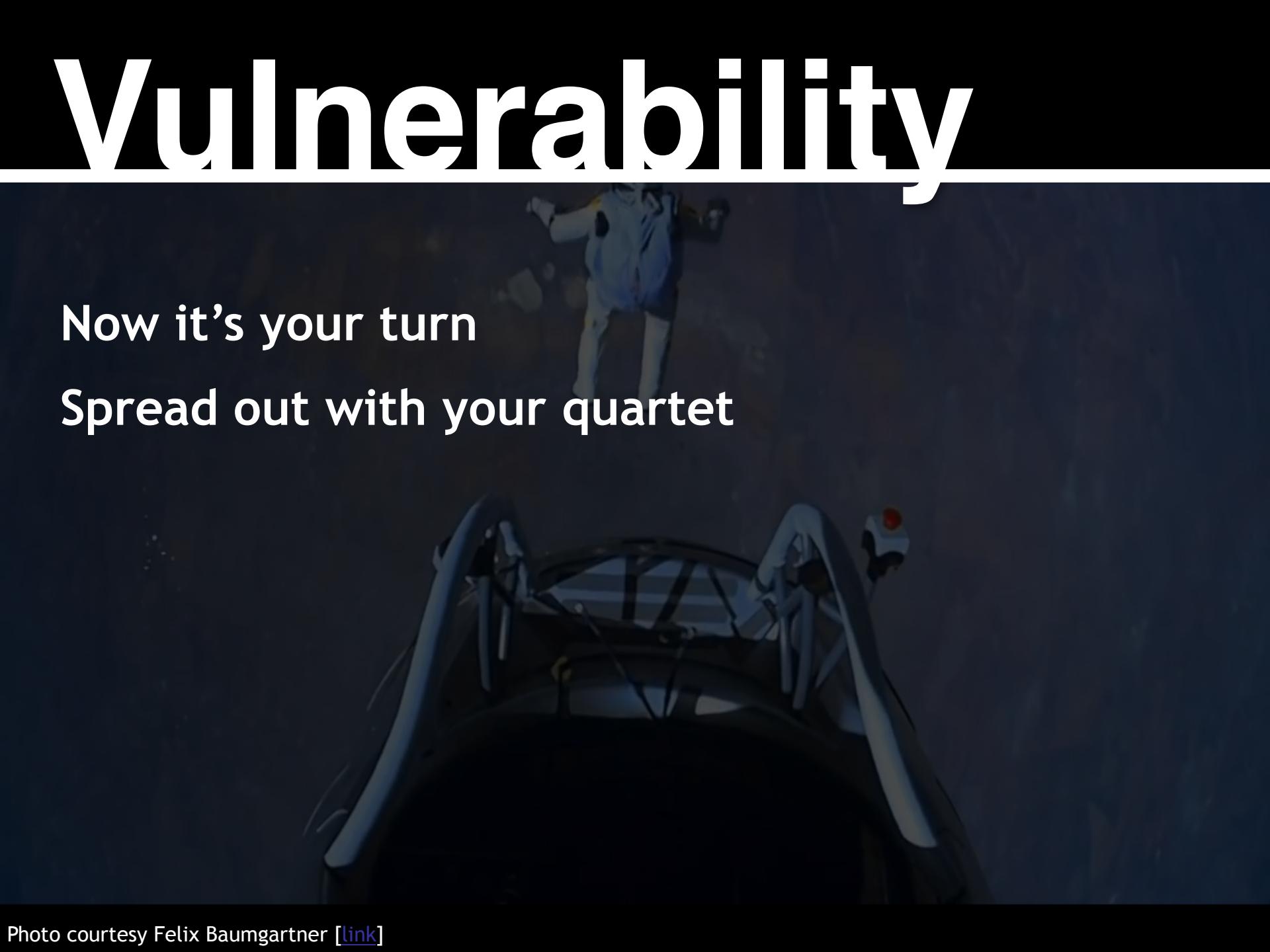
# Vulnerability



A story

I'll start

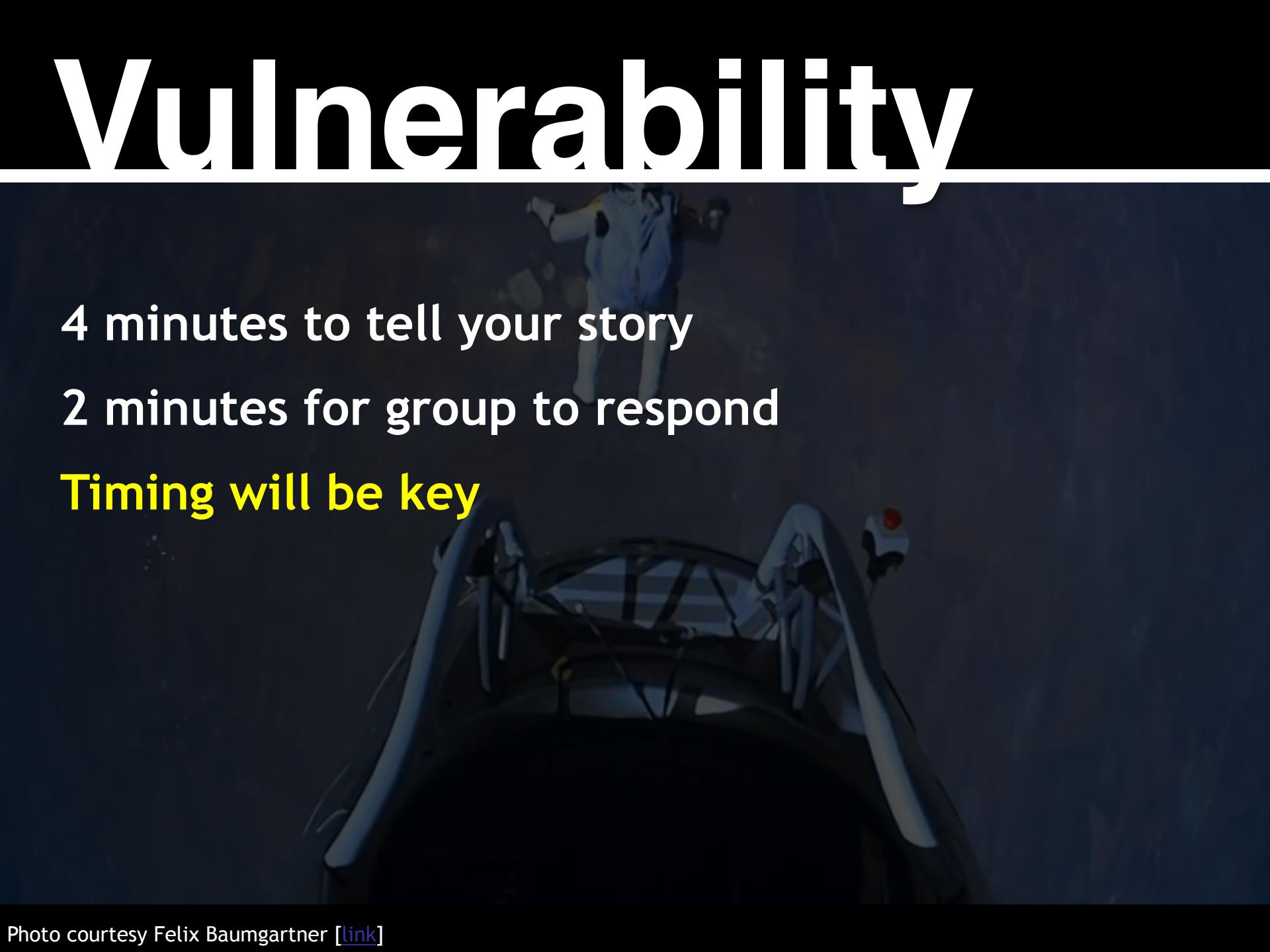
# Vulnerability



Now it's your turn

Spread out with your quartet

# Vulnerability

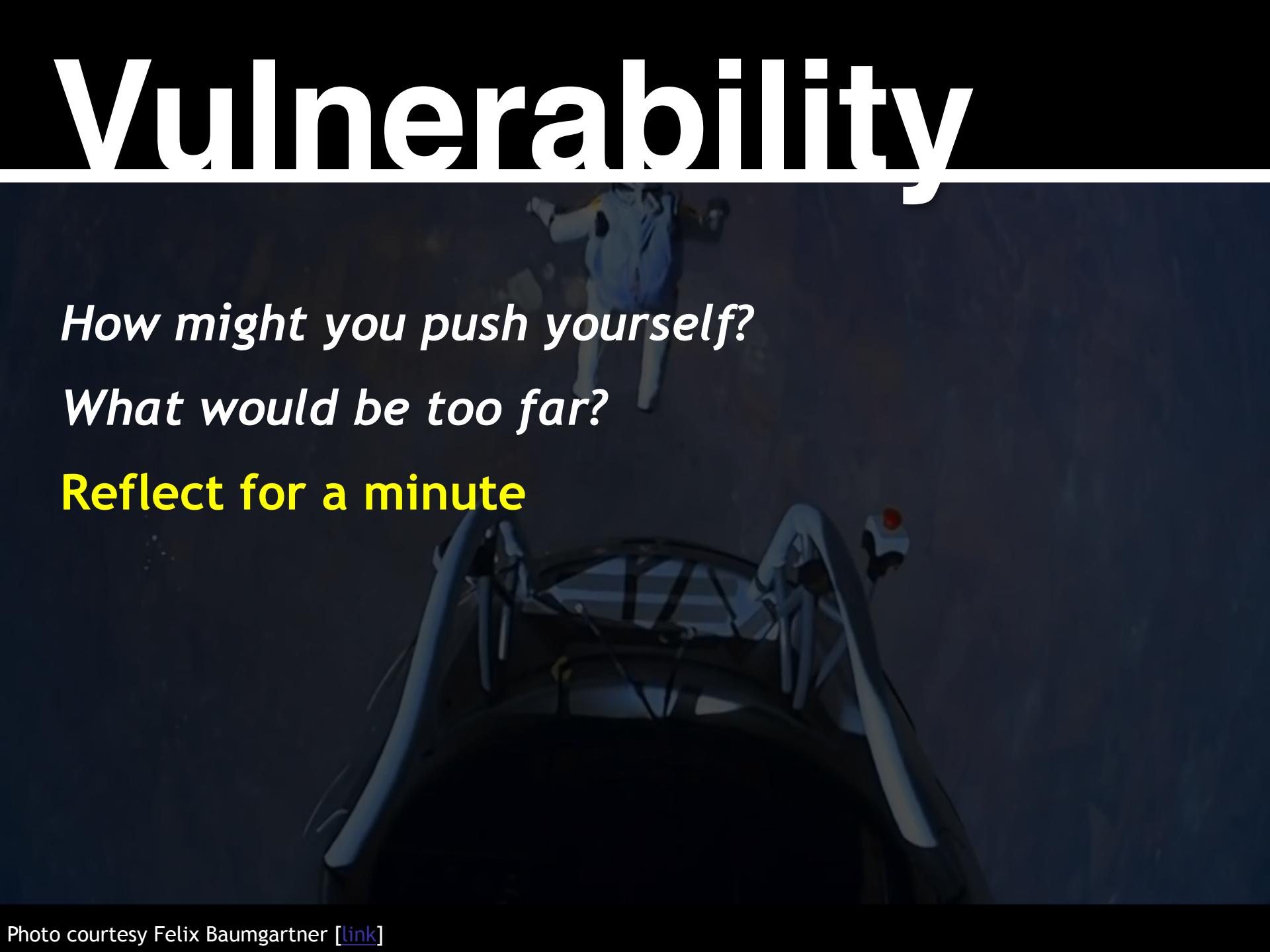
A dark, grainy photograph showing a person in a blue jumpsuit performing a high-altitude jump from an aircraft. The person is in mid-air, arms outstretched, against a dark background. The aircraft's canopy and structural elements are visible in the foreground.

4 minutes to tell your story

2 minutes for group to respond

**Timing will be key**

# Vulnerability

A dark, moody photograph showing a person bungee jumping from a bridge at night. The person is suspended in mid-air, illuminated by a bright light source from below, creating a dramatic silhouette against the dark background. The bridge's structure is visible in the foreground.

*How might you push yourself?*

*What would be too far?*

**Reflect for a minute**

# Debrief in your quartet

What happened?

# Debrief



Photo courtesy Felix Baumgartner [[link](#)]

# Crucible stories



Photo by Dave Hogg [[link](#)]

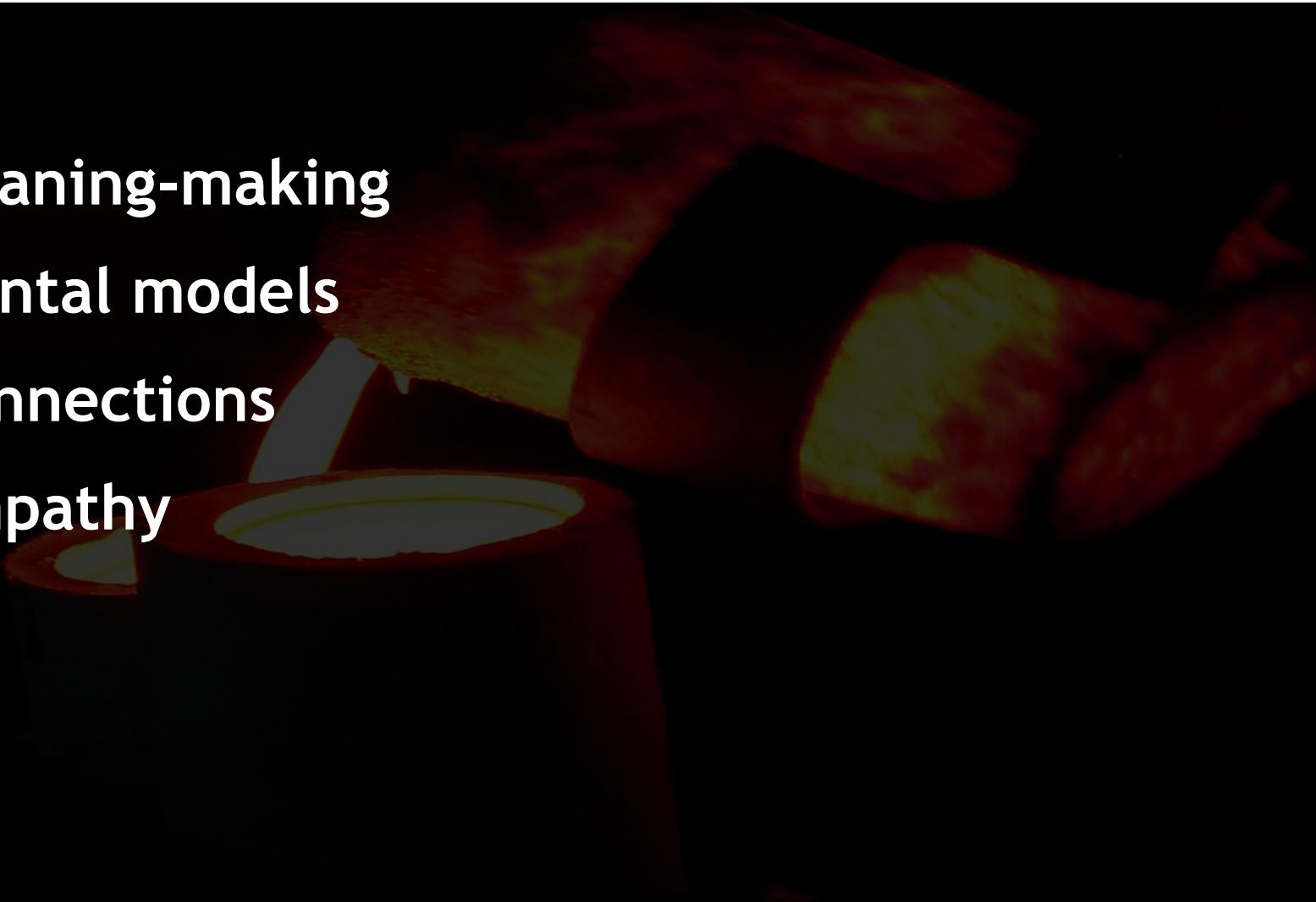
# Crucible stories

Meaning-making

Mental models

Connections

Empathy



# Vulnerability myths

Brené Brown

*Vulnerability = oversharing or weakness*

*I don't do vulnerability*

*I can go it alone*

# Vulnerability questions

So...

If vulnerability ≠ oversharing, what's enough?

If vulnerability ≠ weakness, what is it?

How do we build boundaries & trust?

# Find your Prof. Partner



# Meta-emotion



Photo by Franco Folini [[link](#)]

# Meta-emotion

John Gottman, et al

*How do we **feel** about how we **feel**?*

# Meta-emotion

Feelings & thoughts about emotion

Yet another set of mental models

# Meta-emotion

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Discomfort with emotion →

Feelings themselves become triggers

# Meta-emotion

Potential factor with **any** emotions

Particularly with **vulnerability**

# Meta-emotion

Reflect on your **worksheets**

# What does this tell me?

Reivich & Shatté

**ABCs:** Adversity → Beliefs → Consequences

**Traps:** Tunnel vision, overgeneralize, conclusions

**Icebergs:** Achievement, acceptance, control

# What might I

try?

Reframing

Self-soothing

Talking about feelings

# Why vulnerability **matters**

A powerful tool when we can manage it

A destructive force when we can't

Build connections **or not**

Build a culture **anyway**

# For next time....

Nr. 7.

27

# Unhappiness

Nr. 7.

27

# Unhappiness

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**Subjective** points of view

Stoicism, Pema Chödrön, Viktor Frankl

*Which ones are most meaningful to you?*

# Unhappiness

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Please note...

Pema Chödrön is a little out there

That's why Oliver Burkeman is an option

# Unhappiness

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Also...

It can be heavy

Please don't be late

Please plan accordingly