**Note-taking**

Title: Embrace vulnerability

Topic:

Speaker:

Information you’ve got from the talk (in phrases or sentences):

1.TED talk from Brene Brown

2.We have being constantly under great stress, but most of us are reluctant to demonstrate our vulnerabilty.

3.Universal value. We should strive for success.

4.Mother society.

5.

6.

Questions (at least 2) to the speaker:

1.Do you think accept ourselves will make us less hardworking?

2.

3.

Your Comments (optional)