

The Power of Authenticity, Vulnerability, and Being Brave

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Hello!

- I'm Rebecca Long
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Discussion Outline



**“Courage starts
with showing up
and letting
ourselves be seen.”**

— Brené Brown

**Daring Greatly: How the
Courage to Be Vulnerable
Transforms the Way We
Live, Love, Parent, and
Lead**



COURAGE

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Authenticity

Definition of Authentic

1. worthy of acceptance or belief as conforming to or based on fact
2. not false or imitation
3. true to one's own personality, spirit, or character


Merriam-Webster Dictionary

<https://www.merriam-webster.com/dictionary/authentic>



“If you are always trying to be normal, you’ll never know how amazing you can be.”

— Maya Angelou



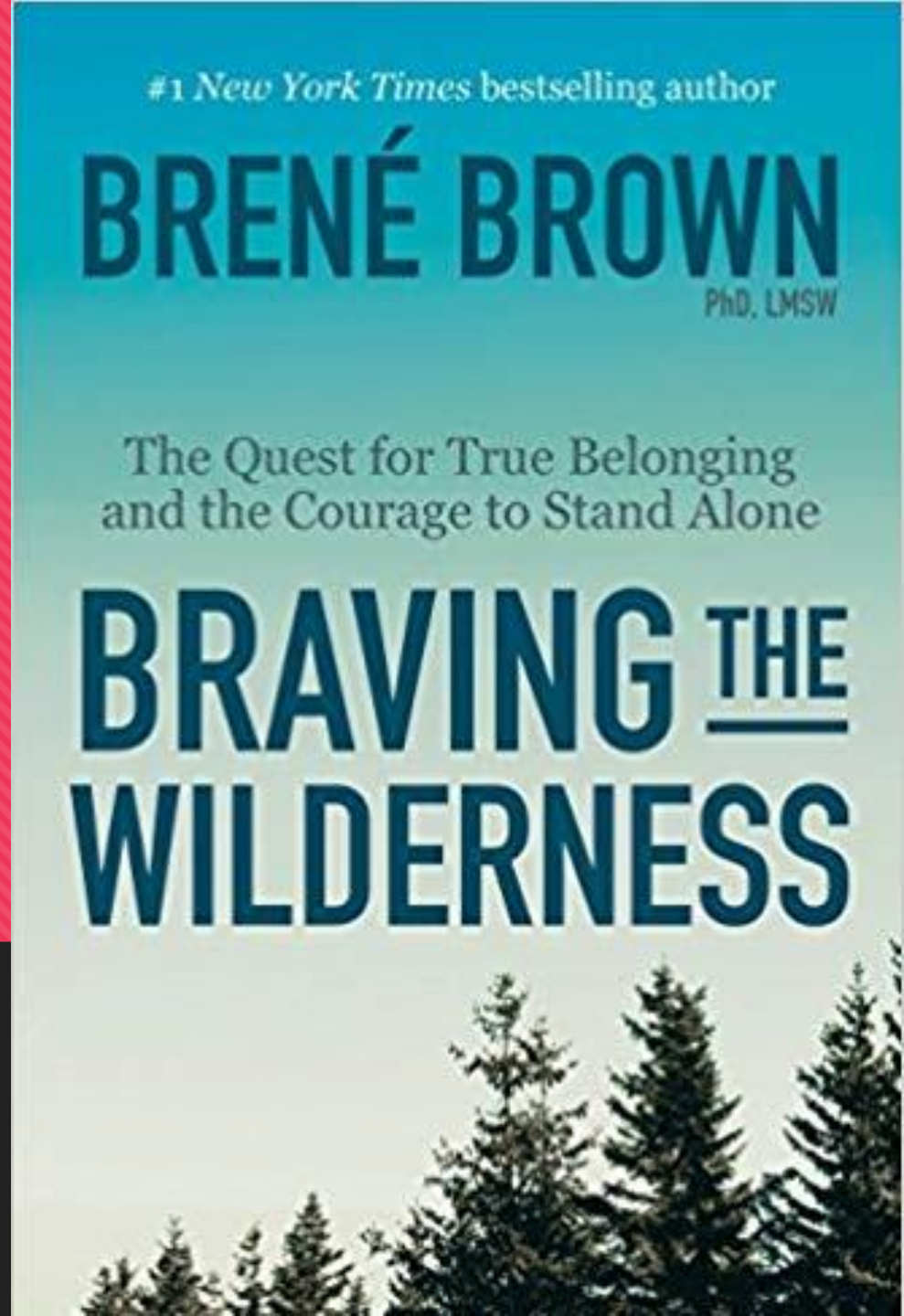
Believe you are
enough

Be true to
yourself

**“True belonging
doesn't require you
to change who you
are; it requires you to
be who you are.”**

— Brené Brown

Braving the Wilderness: The Quest for True
Belonging and the Courage to Stand Alone





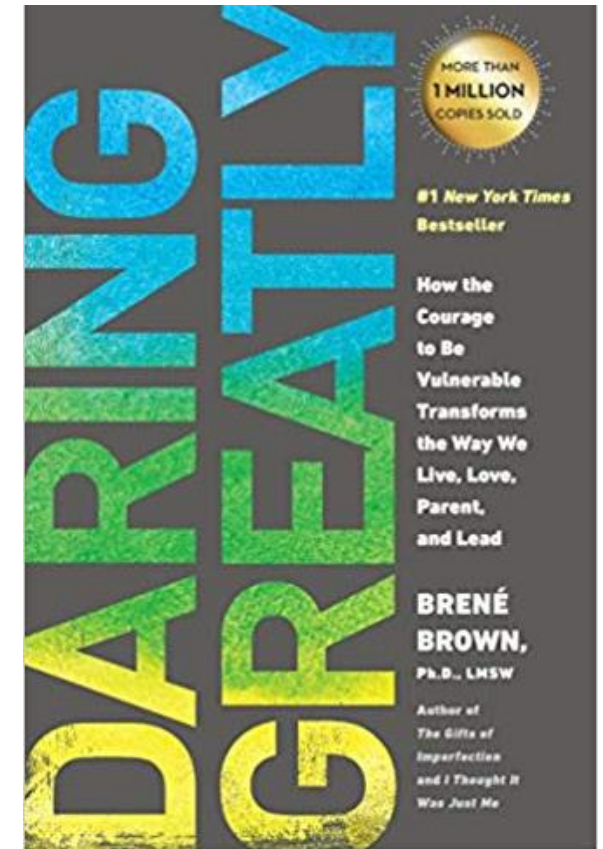
Live your truth

Know you belong

“Because true belonging only happens when we present our authentic, imperfect selves to the world, our sense of belonging can never be greater than our level of self-acceptance.”

— Brené Brown

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Vulnerability

Definition of Vulnerable

- capable of being physically or emotionally wounded

Merriam-Webster Dictionary

<https://www.merriam-webster.com/dictionary/vulnerable>

“Owning our story can be hard but not nearly as difficult as spending our lives running from it. Embracing our vulnerabilities is risky but not nearly as dangerous as giving up on love and belonging and joy—the experiences that make us the most vulnerable. Only when we are brave enough to explore the darkness will we discover the infinite power of our light.”

— Brene Brown

girlCon 



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

— Brené Brown

Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead



— Brené Brown

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“Vulnerability is the birthplace of love, belonging, joy, courage, empathy, and creativity. It is the source of hope, empathy, accountability, and authenticity. If we want greater clarity in our purpose or deeper and more meaningful spiritual lives, vulnerability is the path.”

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Being Brave

Definition of Brave

- having or showing mental or moral strength to face danger, fear, or difficulty
- having or showing courage

Merriam-Webster Dictionary

<https://www.merriam-webster.com/dictionary/brave>

B.R.A.V.I.N.G.

Boundaries

Reliability

Accountability

Vault

Integrity

Non-Judgement

Generosity

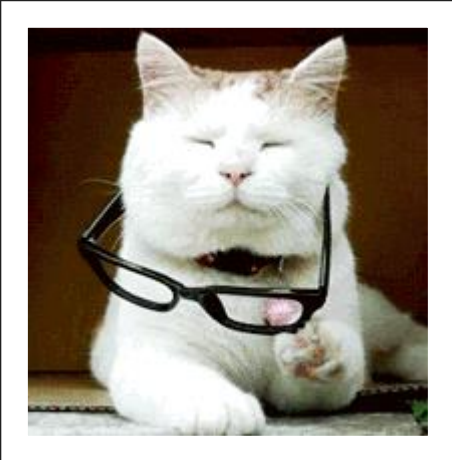


Remember...



- Be true to yourself
- Don't be afraid to be authentic to who you are and how you feel
- Own your story – the good, the bad, and the ugly
- Live your truth
- Set and communicate your boundaries
- Be brave!

Connect with me



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