Dr. Brené Brown: The Power of Vulnerability

Brené Brown, Ph.D., LMSW is a research professor at the University Of Houston Graduate College Of Social Work. She has spent the past decade studying vulnerability, courage, worthiness, and shame.

Her 2010 TEDxHouston talk on the power of vulnerability is one of most watched talks on TED.com, with approximately 5 million views.

In groups of three over lunch, begin to discuss these discussion points.

**Connection**- Why is connection so important for us as professionals, as well as for the students that we serve?

**Shame**- Have you ever felt like you were not good enough, leading to a fear of disconnection? What are some examples of shame that our students experience?

**Wholehearted**- Do you believe you currently live your life wholeheartedly? How can we model this with our students and instill in them courage, compassion, and connection?

**We Numb**- Think about how you have numbed your vulnerability. Describe how and why do our students numb?

**We Make the Uncertain Certain**- Can you give an example of your need to make the uncertain certain? Do you see this trait in the students you work with?

**We Perfect**- Think about how you were raised or how you are raising your children, has the need to be perfect affected you? Discuss how you see this need to be perfect in the students that you work with.

**We Pretend** – Do you acknowledge your role and how the decisions you make impact other people, particularly the students on campus? How does this make you feel?

What was your biggest take away from this video?

What impacted you most and why?

*Always remember that you are enough!*