

Testimonial from Sarah Vos Thryssøe – Online Solutions Group

Meet Sarah and learn about her experience and outcomes from the program:

“It’s not a program which solely develops your leader capabilities. It develops you as a person.”

Sarah participated in the program held in September 2022.

“I didn’t really know what to expect. But finding a braver version of myself sounded intriguing. As well I’d read a lot about living your values – and I wasn’t sure what a value was. Nor what mine were.

I read the book [which is part of the program] and then during a car ride with my husband I took this list of values that Brené Brown included in the book, and we had a 2 hour long talk about our values.”

When we know our values, we know what to say yes and no to. Where our boundaries are.

When we know our values it’s much easier to know if we’re on a trajectory of our dreams. Whether it’s in the family, our current job, our carrier, our sport/hobby, school or any other aspect of life.

“I would never have said that vulnerability was something you needed as a leader nor in the workplace. But if you think about in relation to risk taking:

To take risks you need to let yourself be open (vulnerable) to the fact that it could go wrong.

You’re revealing you self a bit, acting with uncertainty and trusting that it’s okay to try and perhaps stumble and fall. Or succeed.

When you think about it that way, then suddenly the talk about vulnerability, trust and the ability to fall and stand up again, becomes so immensely important and powerful.

The program had sooo many epiphanies for me.

And Inga and Elsebeth carried us through the program so professionally and empathetic.

The program contains a workbook which lets you note all your private learnings and thoughts.

This is especially beneficial when you want to circle back to specific topics after the program and make sure they are implemented in your life.

“The most beneficial part was about armored leadership vs. courageous leadership.

They had all these examples divided into categories for when you do each of them.

I made a top 6 lists of things I need to work on to move towards courageous leadership.

6 sentences written in “I do” [first person, present] which I’ve made as a background on my PC. Every morning I can quickly read my “courageous manifest” to keep it top of mind.

Dare to Lead™ is a courage building frame, and what each participant has experienced until now, with the four qualities to building courage are different.

Therefore it works no matter where you, your team or organization are when it comes to the four qualities:

- Vulnerability
- Trust
- Values
- Falling and getting up again.

For each individual and for the team there is something to learn.

//Sarah