

“Shame On Me?”

Discussion/Study Material for the podcast from Sunday 03/19/2017

From Brené Brown’s book “Daring Greatly,” page 65:

“The secret killer of innovation is shame. You can’t measure it, but it is there. Every time someone holds back on a new idea, fails to give their manager much needed feedback, and is afraid to speak up in front of a client you can be sure shame played a part. That deep fear we all have of being wrong, of being belittled and of feeling less than, is what stops us taking the very risks required to move our companies forward.

If you want a culture of creativity and innovation, where sensible risks are embraced on both a market and individual level, start by developing the ability of managers to cultivate an openness to vulnerability...”

Discussion/Study Questions:

1. How does shame and low self esteem keep us from our greatness?
2. How is perfectionism and invitation to shame and self-belittlement and what can be done about it?
3. What are “sensible risk” and why should we take them?