

“Cultivating Change”

Discussion/Study Material for the podcast from Sunday 03/26/2017

From Brené Brown’s book “Daring Greatly,” page 176:

“Here’s my theory: Disengagement is the issue underlying the majority of problems I see in families, schools, communities and organizations and it takes many forms. We disengage to protect ourselves from vulnerability, shame and feeling lost and without purpose. We also disengage when we feel like the people who are leading us—our boss, our teachers, our principal, our clergy, our parents, or politicians—aren’t living up to their end of the social contract.”

Discussion/Study Questions:

1. “Good change” happens when people are engaged. “Difficult change” happens when people are disengaged and feel things are being done *to* them. How can we more fully engage people in our lives?
2. How does vulnerability (expressing our emotions) help or hinder people from being engaged?
3. Why is purposefulness vital in the engagement process?