

Brené Brown, Ph.D., LMSW

About Brené

Dr. Brené Brown is a professor and vulnerability researcher at the University of Houston Graduate College of Social Work. Because vulnerability is the core of many thoughts, feelings, and behaviors, her research topics cover a broad range of emotions and experiences, including fear, courage, and authenticity.

Brené is an award-winning teacher and her work has been featured on PBS, NPR, and the Oprah and Friends Radio Network. Last year, Brené was named one of “The 50 Most Influential Women of 2009” by Houston Women Magazine. Brené’s latest theory based on her vulnerability research, *Wholehearted Living*, was the topic of two recent TEDx talks.



“Wholehearted living is about engaging in our lives from a place of authenticity and worthiness. It means cultivating the courage, compassion, and connection to wake up in the morning and think, *No matter what gets done and how much is left undone, I am enough.* It’s going to bed at night thinking, *Yes, I am imperfect and vulnerable and sometimes afraid, but that doesn’t change the truth that I am also brave and worthy of love, belonging and joy.*”

If we want to change the way we live, love, parent, work, lead organizations, and build communities, we have to start talking about the messages and expectations that move us away from being authentic and believing that we are enough.”

~ Brené Brown

Speaking

Brené’s reputation as a speaker is built on her ability to explore difficult topics with tremendous honesty, warmth, and humor. She is a thought-leader, researcher, and storyteller with the rare ability to both inspire audiences and leave them with actionable change strategies.

After moderating a national series of lectures given by Brené, Dr. Karen Casey had this to say about her work:

“*Brené is uniquely capable of blending research, humor, and storytelling in a way that captures the hearts and minds of her audience. Her work and the way she puts words to our unspoken experiences changes people’s lives.*”

What people are saying...

“Out of the sixteen internationally renowned writers, scientists, and business experts speaking that day, our audience rated Brené’s presentation as one of the top two. Not only was Brené informative and thought-provoking, but her willingness to talk about the parts of our lives we rarely discuss was profoundly honest. She is extremely knowledgeable, inspiring, and relatable. She offered our audiences a very real look into the powerful emotions that affect every aspect of our lives.”

~Sheryl W. Rapp, Co-Founder, *The UP Experience*

“Brené has delivered numerous lectures for us over the past several years, and we believe that in addition to being an incredibly gifted speaker, she is a change agent and a thought leader. She combines research and storytelling in a way that creates real paradigm shifts for audience members. A few examples of their responses include, ‘This changed my life,’ and ‘I’ve never heard anyone talk about these issues,’ and ‘Brené’s parenting guideposts changed the way we raise our children.’

Brené uses warmth, humor, and vulnerability to connect with her audiences at a deeply authentic level. Whether addressing corporate leaders and philanthropists or parents and mental health professionals, she educates and inspires audiences to cultivate more courage, compassion, and connection in their lives. It’s truly an experience to hear her speak.”

~Laura A. Easton, LMSW, Chief Planning and Development Officer, *The Council on Alcohol and Drugs Houston*

“Brené is one of the most requested speakers among our teachers, administrators, and parents. As a teacher and a parent, she is able to connect with the joys and struggles in the classroom, at home, and within the school community. She talks openly and honestly about the pressures that come from living in an anxious and overscheduled world, offering real strategies for change. She has talked to us about perfectionism, privilege, addiction, bullying, and many other issues.

Brené’s speaking style is one-of-a-kind. One minute the entire audience erupts in laughter, and the next minute everyone is so captivated that you can hear a pin drop. She’s real and inspiring, and our school community is grateful for her ability to combine her fresh perspective with original research, providing the kind of stories that make you realize that we’re all in this together.”

~Kevin Brown, Ph.D., Superintendent, *Alamo Heights Independent School District*

Current Topics

The following topics have been delivered as keynotes and workshops to:

- Corporations and nonprofits
- Associations
- Nursing and medical professionals (grand rounds & national conferences)
- School faculty and administration
- Mental health and addiction professionals
- Parents
- Faith-based groups.

The heart of Brené's work is about helping people better understand how our thoughts, emotions, and behaviors shape who we are so that we can be our best, most authentic selves. Each of these topics can be tailored to fit the needs of your audience. Topics from the business and leadership areas can also be integrated into these keynotes/workshops.

The Hustle for Worthiness: Exploring the Power of Love, Belonging, and Being Enough

The Gifts of Imperfections: Guideposts for Letting Go of Who We Think We're Supposed and Embracing Who We Are

Courage and Story: Three Guideposts for Cultivating a Resilient Spirit

The Art of Acceptance: Why Boundaries, Accountability and Compassion Come First

Great Expectations: What Leaders and Managers Need to Understand about Goals

Health

I'm Trying to Help! Cultivating Compassion and Empathy with Difficult Patients and Families

Wired for Connection: How Empathy, Shame, and Vulnerability Affect Helping and Healing

Shame, Addiction and Authenticity: Issues for Adolescents and Young Adults

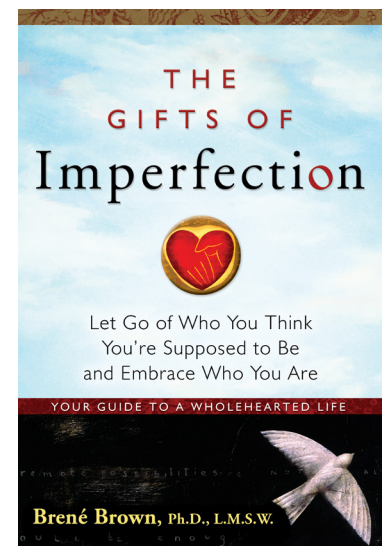
Education

The Pedagogy of Resilience: Strategies for Cultivating Hope, Gratitude, and Perseverance

Teachable Moments: Bringing Courage, Compassion, and Connection to the Classroom

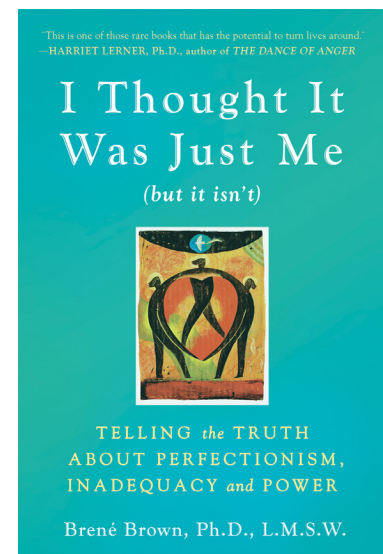
Wired for Connection: How Empathy, Shame, and Vulnerability Shape Academic and Social Learning

The Gifts of Imperfect Parenting: Raising Children with Courage, Compassion and Connection



“Brené Brown courageously tackles the dark emotions that get in the way of leading a fuller life; read this book and let some of that courage rub off on you.”

*Daniel H. Pink,
New York Times best-selling author
of A Whole New Mind*



“This book is an urgent and compelling invitation to examine our struggles with shame and to learn valuable tools to become our best, most authentic selves. Grounded in exceptional scholarship and filled with inspiring stories, this is one of those rare books that has the potential to turn lives around.”

*Harriet Lerner, Ph.D.
New York Times best-selling author
of The Dance of Connection*