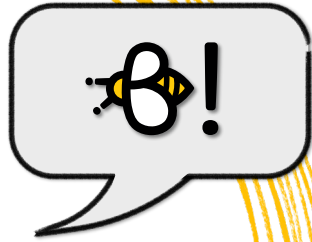


LET'S GET READY TO RUMBLE

When someone says, "Let's Rumble", what they really mean is, "Let's have a real conversation, even if it's tough". To rumble, you need to lean into vulnerability, stay curious, be honest, own your part, and listen. Here are some phrases that Brené Brown uses to get a rumble started:

(Dare to Lead, 2018)

- The story I am telling myself is...
- I'm curious about...
- Tell me more...
- That's not my experience...
- I'm wondering...
- Help me understand...
- Walk me through...
- We're both dug in. Tell me about your passion for this...
- Tell me why this doesn't fit/work for you...
- I'm working from these assumptions - what about you?
- What problem are we trying to solve?



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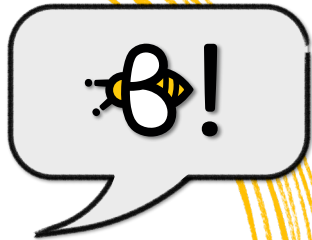
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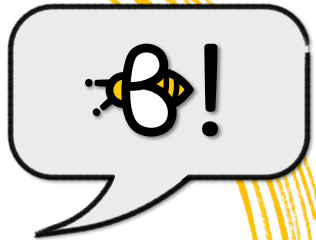
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