

# Leading with vulnerability |

A practical guide

We want our **teams to be happy**  
and *<insert your OKR here>*



**ROAD  
CLOSED**

**High-performing** teams are  
**psychologically safe** teams.

**Me, be vulnerable? *No thank you* |**



A woman with short blonde hair, wearing a dark grey button-down shirt and dark trousers, is speaking on a stage. She is gesturing with her hands and holding a small black device. The background is a blue screen with the word "worth" visible. To the left, a large white graphic of a city skyline is partially visible, with the word "TEDx" in red below it.

TEDx

worth

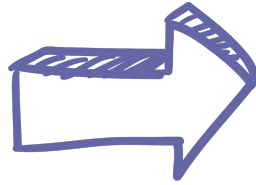
**“vulnerability is the birthplace of love,  
belonging, joy, courage, empathy, and  
creativity”**

— Brené Brown





**anxiety**

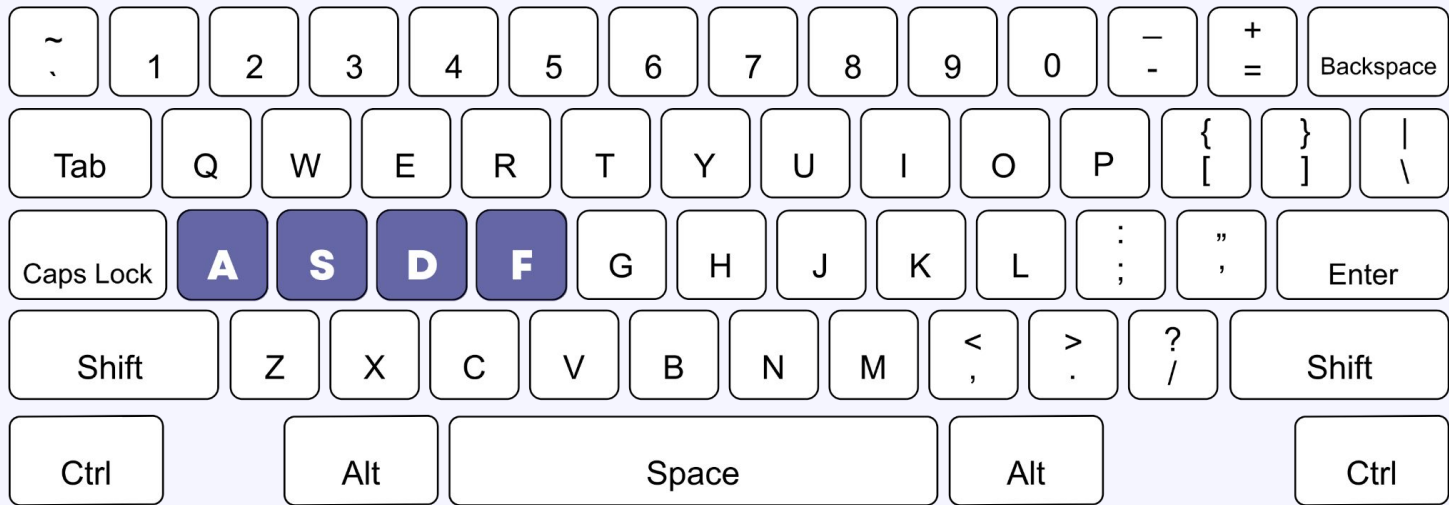


**EXCITEMENT!**

# Vulnerability + Boundaries |

Vulnerability without boundaries  
is simply not vulnerability.

**A practical guide |**



1. Admit what you don't know.

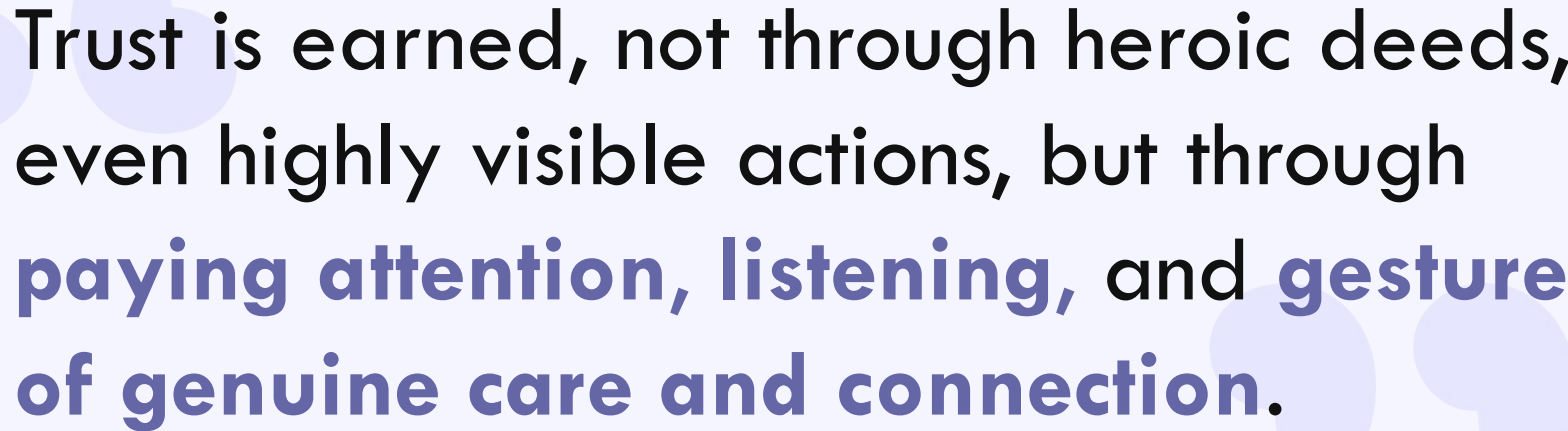
1. Admit what you don't know.

2. Share when you're struggling.



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2. Share when you're struggling.
3. Develop an awareness of how it feels.

1. Admit what you don't know.
2. Share when you're struggling.
3. Develop an awareness of how it feels.
4. Find a friend to practice with.



Trust is earned, not through heroic deeds, or even highly visible actions, but through **paying attention, listening, and gestures of genuine care and connection.**

— Brené Brown

# Thank you!

[christina.codes/vulnerability](https://christina.codes/vulnerability)