

Ethics After Hours



Brené Brown: The Call to Courage **Talk show/Documentary**

Summary¹

In this documentary, Brené Brown gives an entertaining and engaging talk about courage and how it is linked to vulnerability. Brown argues that courage and vulnerability go hand in hand and that it is not possible to be one without the other.

Duration: 1 hour 16mins.

Director: Sandra Restrepo

Casting: Brené Brown

Released: April 19, 2019

Available on Netflix (Original Netflix Production)

Questions for discussion:

- What did you learn from this presentation?
- What does vulnerability mean to you?
 - How does vulnerability relate to questions about ethics?
- What does being brave involve for you?
 - How does bravery or courage relate to questions about ethics?
- Have you experienced a ‘daring greatly’ moment?
- Brené Brown argues that we are scared when we see vulnerability in other people. Do you agree? Why/why not?
- Discuss the statement that ‘The opposite of belonging is ‘fitting in’’. Do you agree with Brené Brown’s distinction between ‘belonging’ and ‘fitting in’? Why or why not?
- How can gratitude be healing?
- Brené Brown claims that without vulnerability there is no creativity, no tolerance for failure, and no innovation. Do you agree with this?
- Brené Brown talks about the uncomfortableness discussing diversity, equity, and inclusivity and the importance of choosing courage over comfort in this context. Why do you think it is so difficult to have these conversations in the work environment?
 - In your opinion, how can we ensure that such conversations are talking to and with people rather than about people?
 - In your opinion, what are some of the ways that health organizations can encourage and facilitate having hard conversations?
- Why do you think we tend to describe being courageous as something positive and being vulnerable as something negative?

¹ This summary is adapted from the Wikipedia website
https://en.wikipedia.org/wiki/Bren%C3%A9_Brown:_The_Call_to_Courage