



LUMEN[®]

DARE TO LEAD SYLLABUS - APAC

Lesson	Opens	Facilitation Sessions	Workbook Pages
Welcome to Dare to Lead	Aug 21	-	1-2
Lesson 1 - The Heart of Daring Leadership	Sept 5	Jan 8-12	3-9
Lesson 2 - Courage Over Comfort	Jan 8	Jan 15-19	10-15
Lesson 3 - Living into Our Values	Jan 15	Jan 22-26	16-23
Lesson 4 - Rumbling with Vulnerability	Jan 22	Jan 29-Feb 2	24-27
Lesson 5 - Understanding Shame	Jan 29	Feb 5-9	28-30
Lesson 6 - Shame Shields	Feb 5	Feb 19-23*	31-33
Lesson 7 - Shame Resilience: A Daring Practice	Feb 12	Feb 26-Mar 1	34-39
Lesson 8 - True Belonging	Feb 19	Mar 4-8	40-41
Lesson 9 - BRAVING Trust	Feb 26	Mar 11-15	42-46
Lesson 10 - Daring Feedback	Mar 4	Mar 18-22	47-53
Lesson 11 - Learning to Rise	Mar 11	Mar 25-29	54-63
Lesson 12 - Your Integration Plan	Mar 18	Apr 1-5	64-66
Dare to Lead Trained	Mar 18	-	-

*There will be no sessions the week of February 12.