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Keynote

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INCREASE RELATABILITY

Understand the power of
Strategic Exposure when
leading through challenging
circumstances

IMPROVE ACCESSIBILITY

Recognize the power of
human connection in the
workplace and how to use
it to increase retention,
output, and commitment

BUILD TRUST AND RELIABILITY

Experience greater
innovation by meeting
challenges with authenticity
and openness

Daring To Lead With Vulnerability

The power of vulnerability in leadership is not to be underestimated. When done in the right environment with the right people, talking about your struggles can be life-changing and should be seen as a superpower and not a weakness. While being vulnerable can increase your risk of being hurt, emotionally or physically, it also opens up the opportunity for leaders to have meaningful conversations that build authentic relationships. In fact, studies have shown that social connections benefit our mental and physical health in the workplace.

For leaders looking to practice vulnerability, it's important to understand that being vulnerable doesn't mean that you need to share your entire life story; waterworks are not a requirement. Rather, it's about understanding where your strengths and weaknesses lie and being honest about them with not only your team, but yourself too. Being open doesn't come naturally to everyone. Exhibiting vulnerability requires high degrees of emotional intelligence, self-awareness and humility, so you'll need to be comfortable admitting mistakes and depending on your teammates. But if you model this leadership style, you'll reap the benefits of an inspired and innovative workforce.

When we hear the stories of successful people we are frequently inspired by the circumstances and obstacles they were able to overcome along their path. Although we go to great lengths to hide our own vulnerability, it is most often the vulnerable leaders who share their weaknesses and struggles that we find most authentic, inspiring and easy to connect with.

