

“Talk to yourself like you would to someone you love.”

“Imperfections are not inadequacies; they are reminders that we’re all in this together.”

“Vulnerability is not winning or losing; it’s having the courage to show up and be seen when we have no control over the outcome.”

“Let go of who you think you’re supposed to be; embrace who you are.”

“Sometimes the bravest and most important thing you can do is just show up.”

“We don’t have to do all of it alone. We were never meant to.”

“Empathy has no script. There is no right way or wrong way to do it. It’s simply listening, holding space,

withholding judgment, emotionally connecting, and communicating that incredibly healing message of ‘You’re not alone.’”

“Daring leaders work to make sure people can be themselves and feel a sense of belonging.”

“A brave leader is someone who says I see you. I hear you. I don’t have all the answers, but I’m going to keep listening and asking questions.”

“Vulnerability is the core of shame and fear and our struggle for worthiness, but it appears that it’s also the birthplace of joy, of creativity, of belonging, of love.”

“Trust is a product of vulnerability that grows over time and requires work, attention, and full engagement. Trust isn’t a grand gesture—it’s a growing marble collection.”