

Vulnerability Exercise

Practice Vulnerability

Vulnerability comes into existence by building trust in the way of humility, creating transparency, respecting every individual, and being fully present.

1. Find a partner for the exercise. Let the partners find each other and do not assign.
2. Spread out throughout the room. Emotions may come up in the exercise so find the appropriate privacy, if needed.
3. Time exercise is 1 minute. Each partner to read out loud the “Vulnerability Agreement” and out loud share with the other, “I will keep my commitment in the vulnerability agreement.”
4. The timed exercise for each partner is 5 minutes. The facilitator should have a gentle reminder of when the partners should switch their sharing.
5. Vulnerability is a person. Don’t overthink your answers. Let emotions come up, if needed. Share your response with your partner.
 - What does vulnerability mean to you?
 - How has being vulnerable served you in your career?
 - What would you like to tell vulnerable?

Recap after each partner has completed the exercise.

Ask if anyone would like to share their experience with the larger group. Do not call on anyone.

- What was their experience?
- What did they learn about themselves?