

Lead From Your Story

A self-paced online course in leadership development, self-awareness, and authentic presence.

“AI only works with disclosed data. What it cannot uncover is what’s holding you back from reaching your potential. That work is still entirely human.”

— Dr. Brittany Grieb, PhD · Featured in Forbes, April 2026

WHO THIS COURSE IS FOR

This course is designed for anyone in technical and professional fields who want to lead more effectively — with or without a formal leadership title.

- Early-career and mid-level professionals navigating influence without formal authority
- Leaders and managers seeking deeper self-awareness and more authentic connection with their teams
- Technical experts who want to bridge the gap between their expertise and how they communicate it
- Professionals who sense that the most important part of their development is still untouched

If you’ve ever felt like your professional self and your real self are two different people — this course is for you.

WHY IT WORKS

Built on original PhD research, this course uses reflective storytelling as a developmental intervention — not a communication technique.

- Grounded in Goleman’s EQ framework and the Johari Window applied to real professional contexts
- Moves beyond theory into practice — every lesson ends with a worksheet activity
- Hybrid format: brief camera segments build personal connection; narrated slides deliver depth
- Designed to fit a full-time professional life — self-paced, complete in a weekend or one lesson per week
- Closes with six AI prompt tools for continued development after the course ends

WHAT’S INSIDE

PART 1

The New Premium

What AI can’t replace, the four skills that matter most, staying curious when answers are instant, and your personal skills audit.

PART 2

Story as a Leadership Practice

Authentic vs. appropriate, the Two-Question Test, closing the empathy gap, and your 30-day EQ practice plan.

PART 3

Belonging, Presence & Lasting Impact

The inner work that separates leaders, the Johari Window, building genuine belonging, and your leadership integration.

9 Lessons · 3 Downloadable Worksheets · 6 AI Prompt Cards · Self-Paced · Lifetime Access

PART 1

- 1.1** The Skills That Now Matter Most
- 1.2** Staying Curious When AI Gives You the Answers
- 1.3** Your Personal Skills Audit

PART 2

- 2.1** Authentic vs. Appropriate: Finding the Line
- 2.2** The EQ Skill You Think You Have
- 2.3** Your Authentic Disclosure + EQ Plan

PART 3

- 3.1** What Separates Leaders Who Do It Well
- 3.2** Building Genuine Belonging
- 3.3** Your Leadership Integration

One payment

Instant access · Lifetime access · All materials included

Enroll at throughwork.org

Questions about the course or group access for your organization? Reach out directly.
throughwork.org · Dr. Brittany Grieb, PhD · Founder, Throughwork