

# Being Courageous

Accepting the challenge and committing to doing the right things. Seeing things as they are, speaking up, pushing through barriers and challenging the status-quo.

- **Positive** – brings a 'can do' attitude
- **Honest** – sees things as they are and looks for learnings to share
- **Ownership** – speaks up, taking an active role in achieving progress
- **Tenacious** – stays true to the purpose overcoming obstacles and set backs
- **Challenging** – challenges current ways of working, power structures and stereotypes, asks the tough questions

**Discussion:** When have you been inspired by the “ordinary” courage of someone at work?

**Personal Reflection:** Reflect on a missed opportunity to practise “ordinary courage” at work. What was the missed opportunity?

**leader** noun | lead·er | \ˈlē-dər\  
ANYONE WHO TAKES RESPONSIBILITY FOR FINDING THE POTENTIAL IN PEOPLE AND PROCESSES AND HAS THE COURAGE TO DEVELOP THAT POTENTIAL.

**What did you *actually* feel, think and do?**

My feelings...

My thinking...

My behaviours...

**What did you *want to* feel, think and do?**

My ideal feelings...

My ideal thinking...

My ideal behaviours...

**What unwritten ground rules were at play?**

**Personal Reflection: What is *your way* of being courageous?**

Quiet  
Bold  
Loving  
Warm  
Audacious  
Unwavering  
Unassuming  
Calm  
Creative  
Compassionate  
Caring  
Graceful  
Kind

Courage  
Bravery  
Positivity  
Honesty  
Ownership  
Tenacity

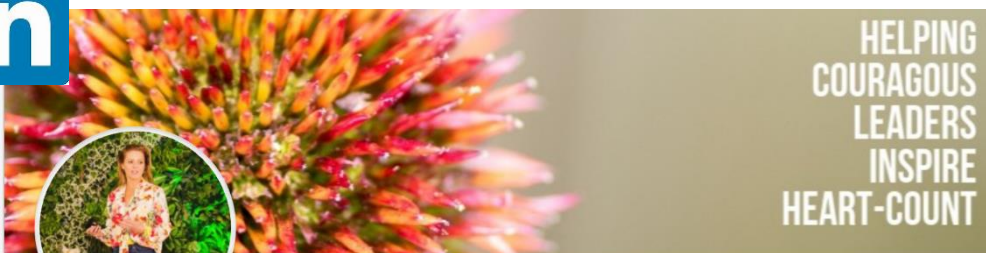


**Commit:** What is the one small (specific) action you will take to intentionally grow into your way of being a more courageous leader?

**What support do you need?**

**Let's stay connected!**

[www.CassandraGoodman.com](http://www.CassandraGoodman.com)

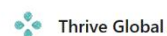


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