

# Leadership Courage in Action

Living a Life That Leaves a Legacy

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# Introduction and Objective

- Identify the elements of courage and distinguish the myths and realities
- Explain and integrate lessons about courage and leadership to facilitate the development of your leadership legacy
- Utilize individual and group exercise to apply the learning and identify actions to harness and apply courage personally and professionally

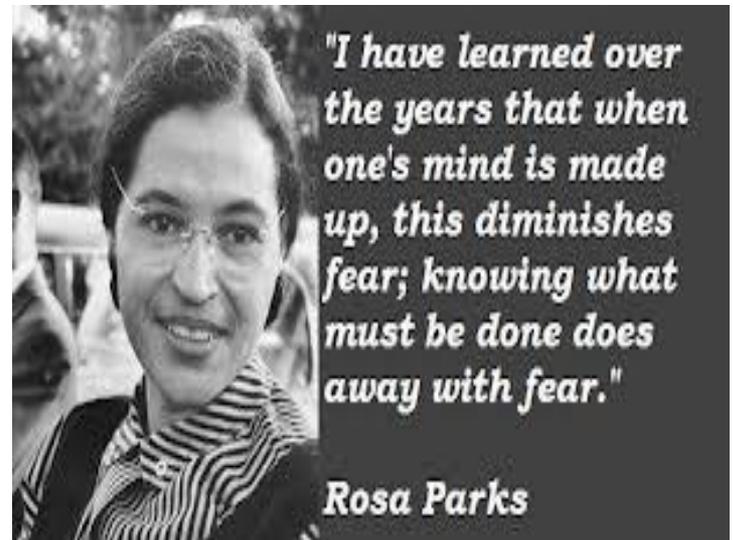


# Courage, Leadership and Legacy

- Courage is a State of Mind
- Leadership is courage in action; it requires making tough decisions and taking difficult actions.
- Courage enables us to leave a legacy that declares, “I was here and I made a difference”

# Lessons About Courage

- Lesson One: Little acts have a huge impact
- Lesson Two: One person can make a difference
- Lesson Three: Courageous acts flow from beliefs



# Moments of Courage

- Moments of courage are moments of truth
- They are those critical incidents in our lives when we come face-to-face with who we are and what we are made of
- “Adversity introduces you to yourself”



# Moments of Courage Exercise

- Part 1 (5 minutes) - Individually reflect on and document responses to the question on your handout: **“It took courage for me to \_\_\_\_\_.”**
- Part 2 (10 minutes) - In groups of three discuss responses to the question and identify themes
- Part 3 (10 minutes) - Report out of group themes

# Leading with Courage and Values

- As leaders, we have daily opportunities to demonstrate our values and courage by:
  - Accepting responsibility
  - Creating positive change
  - Remaining consistent, persistent and optimistic
  - Building understanding and support
  - Being humble



# Facing your Fears



- Courage requires facing yourself, your inner barriers or blocks
- Fear of potential consequences can paralyze us
- Reflect on your fears for a moment - “What are you most afraid of? What terrifies you? Why are you afraid or apprehensive of it?”

# Moving Past Fear - Exercise

- Part 1 (5 minutes) - Individually complete the grid
- Part 2 (10 minutes) - In pairs discuss the questions on the handout

Identify a fear	What are the range of possible outcomes to facing this fear?	What are the consequences of not facing it?	Does this action support your values?	How does this build your legacy?

# Building your Legacy

- Everyday you build your legacy by living your values and acting with courage
- The question is what kind of a difference, what kind of imprint, do you want to make?
- Take 5 minutes to complete the final page of your handout



# Summary

- Identify the elements of courage and distinguish the myths and realities
- Explain and integrate lessons about courage and leadership to facilitate the development of your leadership legacy
- The legacy you leave is the life you lead!

# Thank you

- Questions
- Please complete your session assessment