

About the Author

Contemporary activist for women claiming their courage, writer and educator, Sandra Ford Walston, *The Courage Expert*, is an organizational effectiveness/learning consultant, speaker, corporate trainer, a courage coach, and innovator of StuckThinking™. She has researched courage behaviors and integral levels of courage consciousness for over thirteen years. She writes and trains individuals and organizations from the human condition perspective in relation to integrating courage—a quality so important it qualifies as one of the four cardinal virtues.

Author of the internationally published bestseller, *COURAGE: The Heart and Spirit of Every Woman*, the author's work has also been published worldwide in magazines such as *Chief Learning Officer*, *HR Matters*, *Malaysia, Training & Development*, *ASTD Global Network*, *Germany* and *Strategic Finance*. She is certified to administer and interpret the Myers-Briggs Type Indicator® and the Enneagram.

A practicing contemplative, Walston is fascinated with the dynamics of the tricks and traps of the human condition. She is devoted to awakening people to the original definition of the word courage: “heart and spirit.” Everyday courage and courageous leadership have been hiding way too long!

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