

# Courage: The Cornerstone of Great Workplaces

What would you do with unlimited courage in your workplace? Do you know how courage “happens” or where it comes from? How it affects your staff when they perceive courageous leadership at the helm and the residual it leaves? Are you able to identify your everyday actions as courageous? How might your life change if you discovered that some of your everyday behaviors demonstrate profound courage?

Unfortunately, most people do not recognize or claim courage as one of the primary virtues they display at work. True courage comes from a place deep within each of us, not from synapses firing based on intellectual prowess, education, titles or credentials. It is a discipline, a reservoir to be tapped that reveals the true Self.

Once “groomed,” courage becomes a resource to draw from at work and at home, and it is easily transferred to others so they can find courage within themselves which is why it is the cornerstone of great workplaces.

In this session, Sandra Ford Walston, The Courage Expert, will give courage a new definition and share how recognizing and using it at work will promote a sustainable, collaborative, contented and dynamic environment. Participants will explore courage behaviors when they

- identify the definition of courage
- distinguish the 12 behaviors of courage
- identify and exchange scenarios that reveal courage, its effect and benefits

Join Sandra in an uplifting, fun and informational invitation to “Step up! Claim your courage and regenerate the core of your environment!”

## About the Presenter:

Known as The Courage Expert, Sandra Ford Walston is a global speaker and a human potential consultant. She tenaciously distinguishes everyday courage and its meaning *beyond* heroic deeds of bravery. For over 20 years the presenter has built a strong foundation of original research, extensive consulting experience, leadership consulting and executive coaching. She has discovered through her work that there is a direct correlation between our success quotient and courage quotient.

Sandra’s expertise allows her to focus on the tricks and traps of the human condition through recognizing and interpreting courage behaviors and courageous leadership styles.

Sandra is the internationally published author of three books and an in-demand speaker. She taught for over 19 years at the University of Denver.

