



Sandra Ford Walston

Bestselling author, speaker, learning consultant, corporate trainer and courage coach. Trained in Enneagram and Myers-Briggs Type Indicator® assessment methods.

Partial Client List ó

- é Auburn University
- é Caterpillar, Inc.
- é Denver International Airport
- é Farmers Insurance
- é Hensel Phelps
- é Hitachi Consulting
- é IBM
- é Procter & Gamble
- é Wyoming Public Nurses
- é Xanterra Parks & Resorts®

For more information about Sandra Ford Walston's keynotes, seminars, Courage Coaching or facilitation of boards or retreats, please contact:

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"He who hesitates before each step spends his life on one leg."

— Ancient Chinese Proverb

SANDRA FORD WALSTON

Step up and claim your courage with *The Courage Expert* and innovator of *StuckThinking*™

Sandra Ford Walston helps organizations and individuals claim and apply the powerful virtue they already possess: courage. She proves there is a direct correlation between your success quotient and your courage quotient. "Applying everyday courage in the workplace to overcome StuckThinking® turns uncertainty into empowered solutions," says the learning consultant, speaker and author.

KEYNOTE SPEECH – *COURAGEOUS LEADERSHIP — An Inside Job!*

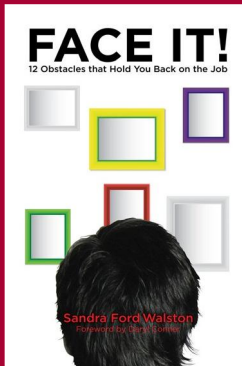
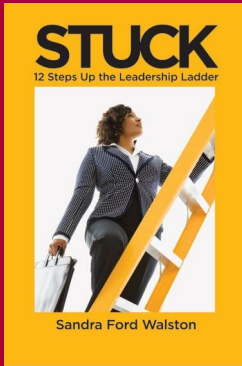
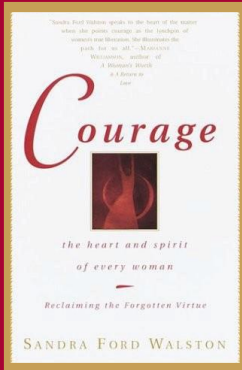
This keynote is based on more than sixteen years of extensive research that will redefine this hidden virtue and illuminate its possibilities for people at all levels and in all industries. Sandra is an internationally published author of the bestseller *COURAGE: The Heart and Spirit of Every Woman*. Her follow-up book, *STUCK 12 Steps Up the Leadership Ladder* (2010), is directed at any woman, regardless of title or credentials, who wishes to grow professionally by introducing courage actions at work. Her third non-gender book, *FACE IT! 12 Obstacles that Hold You back on the Job* (2011), confirms that what holds you back on the job is the same as what hinders achievement—the reluctance to face and implement a courageous life. "While courage remains a potential for everyone, it becomes a reality only for those willing to pay the price, which is why it is inherently scarce." Sandra's insightful and informative keynote is also available as a 2-4 hour transformational workshop.

Sandra leads people and organizations to:

- é Claim and apply the behaviors of courage that manage talent retention
- é Live out of self-actuating courage motivation
- é Overcome obstacles that hinder attaining results
- é Succeed amidst uncertainty
- é Distinguish the importance of defining moments to discover what's important and what's not
- é Recognize obstacles that keep you stuck from advancing
- é Apply actions to keep stepping up to the next courage level

Courageous leadership supports how to:

- é Recognize "The Five Levels of Courageous Consciousness"
- é Reveal what comprises courageous actions during stressful times
- é Demonstrate how to be a "courage change agent" and leverage the generation gap
- é Expose why organizations are unable to consistently hit bullseye targets
- é Recognize and label behaviors of lost courage
- é Incorporate courage actions that do not cost a dime!



For more information please contact:

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*“Everyday courage has
few witnesses.
It is no less noble
because no drum beats
and no crowds
shout your name.”*

— Robert Louis Stevenson

COURAGE SEMINARS

Courageous Leadership: Do You Demonstrate It or Are You Stuck? *
ó taught at the University of Denver

Through the Lens of Courage

Women Working with Courage: How to Claim, Apply and Rely on It *

COMMUNICATION SEMINARS

Hello Saturn, Hello Neptune: Communicating with People from Another Planet
(also spousal program) *

ó taught at the University of Denver

E-Mail/Voice Mail: Human Connections in Virtual Space

The Power of Language: Creating Action through Words *

LEADERSHIP TOOLS

Human Engineering: Implementing the Myers-Briggs Type Indicator® to Maximize
Individual Talents (also spousal program)

Enneagram: A Model for 9 Ways of Living and Working (also spousal program) *

ó taught at the University of Denver

TIME MANAGEMENT

Time Management Preferences: Are Worlds Apart! Are You a Jupiter or a Pluto?
(also spousal program) *

ó taught at the University of Denver

* article(s) available upon request

Sandra Ford Walston, known as The Courage Expert and innovator of StuckThinking®, is an internationally recognized speaker, learning consultant, corporate trainer and courage coach for almost twenty years who helps organizations, teams and individuals tap into their courage. She found that there is direct correlation between your success quotient and your courage quotient. She helped organizations from Agrium, Inc., Procter and Gamble, Hitachi Consulting, Auburn and Virginia Commonwealth Universities, US Bank, Xcel Energy, Caterpillar Inc., and Wide Open West to integrate her óCourageous Leadership Development Model.ó

Featured on the circuit as witty, provocative, concrete and insightful, she has changed the lives of thousands of leaders each year. Sandra is the internationally published author of three books: *COURAGE*, *STUCK* and *FACE IT!*. She has also been published in magazines such as *Chief Learning Officer*, *Training & Development*, *Strategic Finance* and *HR Matters*, Malaysia. Sandra is qualified to administer and interpret the Myers-Briggs Type Indicator®, is a certified Enneagram teacher and an instructor at the University of Denver.

What Participants Say –

óSandra has a keen insight about how to provide practical and applicable skills, and how to hold people accountable for the results.ó

— Theresa Hart, Past President | CO Women in Cable & Telecommunications

óI have been in the Health Care industry for 27 years and I have attended numerous conferences. Sandra's keynote at our annual convention was the best presentation I have seen and experienced. Her topic, "Courage: The Untapped Reservoir," was not only engaging, but she captivated everyone's attention. Her stories of everyday people painted pictures about how our courage is waiting to be awakened, and her concrete examples guided us to cultivate our own reservoirs of courage. Thank you, Sandra, for providing us with hope and for rekindling our energy to continue doing what we do best.ó

— Jill Elliott, RN, BSN, MBA | Health and Community Services Director

óOur lively summer conference group certainly got into the "Hello Saturn, Hello Neptune" program. Participants loved the interaction. We will have you back to present some of your other topics. Thank you so much for the energy and enthusiasm you gave to the program.ó

— Sondra S. Donnel, Former Executive Director | American Consulting Engineers of CO