



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 –

- Auburn University
- Caterpillar, Inc.
- Denver International Airport
- Farmers Insurance
- Hensel Phelps
- Hitachi Consulting
- IBM
- Procter & Gamble
- Wyoming Public Nurses
- 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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# SANDRA FORD WALSTON

## Step up and claim YOUR courage with *The Courage Expert*

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.

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### KEYNOTE SPEECH – *Courageous Leadership — An INside Job!*

This keynote is based on more than fourteen 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, *The COURAGE Difference at Work: A Unique Success Guide for Women*, 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 Courageous Actions that Bring Success at Work and Beyond*, 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.

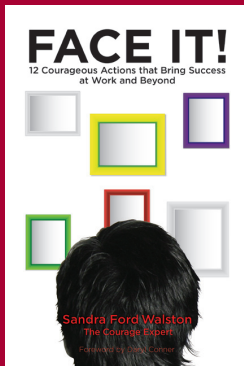
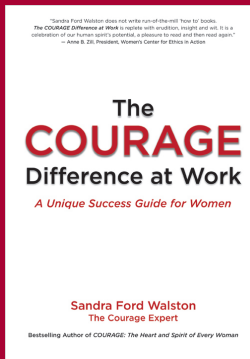
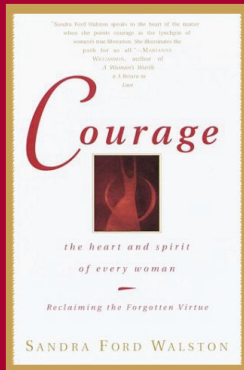
“While courage remains a potential for everyone, it becomes a reality only for those willing to pay the price, which is why it is inherently scarce.” Sandra’s insightful and informative keynote is also available as a 2-4 hour transformational workshop.

#### Sandra leads people and organizations to:

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

#### Courageous leadership supports how to:

- Recognize “The Five Levels of Courageous Consciousness”
- Reveal what comprises courageous actions during stressful times
- Demonstrate how to be a “courage change agent” and leverage the generation gap
- Expose why organizations are unable to consistently hit bull’s eye targets
- Recognize and label behaviors of lost courage
- 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? \*

– taught at the University of Denver

Unleashing Courage in the Workplace

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) \*

– 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) \*

– taught at the University of Denver

## TIME MANAGEMENT

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

– 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 “Courageous Leadership Development Model.”

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: The Heart and Spirit of Every Woman*, *The COURAGE Difference at Work* and *FACE IT! 12 Courageous Actions that Bring Success at Work and Beyond*. 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 instructor at the University of Denver.

## What Participants Say –

“I attended Sandra Walston’s keynote “Courageous Leadership—An INside Job!” at the annual Women’s Success Forum for The Leadership Investment. Sandra’s content was rich and thought provoking. She structured the event to include engagement with the audience and small group discussion to further facilitate our learning. I walked away from the session motivated to make positive changes, with a sense of how to concretely make those happen in a personalized way. Sandra’s work is essential for any organization looking to develop their leaders.”

— Jan Shegda, Founder, Clarity Coaching and Counseling

“I recently hired Sandra Ford Walston to present “Courageous Leadership – An INside Job!” at the Colorado Assessors’ Association annual winter conference. She did a fantastic job of enlightening and encouraging our members to live their lives with courage. She is energetic, intelligent, and a wonderful speaker who sweeps the audience up with her enthusiasm.”

— Karen Miller, Executive Director, Colorado Assessors’ Association

“I highly recommend Sandra as a speaker for anyone interested in educating, entertaining and empowering people. Her ability to bring together and entertain an audience is truly remarkable. Sandra’s lessons about courage are applicable and empowering to all.”

— Donna Evans, President & CEO, Colorado Women’s Chamber of Commerce