

Women United in Courage

Indeed, we will know that we have achieved equality when women are noted and praised for their unique brand of steadfast courage.

Opportunities for courageous leadership occur nearly every day. Unfortunately, most women do not claim courage as one of the primary virtues they display at work. Many people believe that courage is only relevant during particularly perilous times. As a result, they don't perceive exploring new ideas, confronting gossip, transitioning to a new career, transcending rejection or taking initiative to face the hard facts as courageous leadership moments.

The true meaning of courage comes from the old French word *corage*, meaning "heart and spirit." Women have always acted from their hearts, but cultural and masculine notions of courage focus on heroics and physical courage; hence, diminishing feminine courage.

Based on over twenty years of original and groundbreaking research, the internationally published author discovered that only 11% of the women who perceived themselves as courageous had the inner spirit to hurdle the challenges of everyday life. These findings produced her first book, *COURAGE The Heart and Spirit of Every Woman/Reclaiming the Forgotten Virtue* (endorsed by Marianne Williamson and Jack Canfield). The research yielded a concrete advantage for the women who defined and applied themselves as courageous.

What the participants will learn:

- the definition of courage,
- qualitative stats assessed from over 750 survey forms,
- the secrets of the courageous 11%,
- obstacles to claiming courage and courageous leadership,
- woman's inhumanity to woman, and
- outcomes/benefits of courageous leadership.

Currently, with over twenty years of research on feminine courage and how women apply courageous leadership, Sandra believes that like achieving parity, the 11% grows slowly. Her second book and follow-up book to *COURAGE* is entitled *The Courage Difference at Work: A Unique Success Guide for Women* explains why these issues remain as stumbling blocks today.

Sandra's research exposed that there is a direct correlation between a woman's success quotient and her courage quotient such as speaking up during a company meeting to overcome an obstacle that hinders professional advancement. These steps are often the defining moments of a woman's career. In reality, each woman has the capacity to be a courageous leader regardless of her company position.

The workplace requires women to create identities that embrace courage when dealing with issues such as

- Speaking up when facing a difficult situation

- Being vulnerable to admit a mistake
- Overcoming an obstacle that hinders advancement
- Asking for the tough project (the project no one wants)

Questions to Ponder:

- What's your definition and why is it vital to claim it for yourself?
- Are you curious about why only 11% of over 750 women researched perceived themselves as courageous? Are you in this group?
- What allows only a small percentage of women to actively claim their courage? Perhaps you believe courage is only synonymous with being a hero or perhaps you're curious about how to apply courage to make better decisions, enhance leading teams or adjust to a merger with less stress.
- How might your life change if you discovered that some of your everyday behaviors demonstrate profound courage?

Summary: This presentation reveals how women can reclaim this dormant virtue, develop it as a resource at work and at home, learn to draw on it, and even encourage others to find courage in themselves. Without courage, a key part of spirit is lost.

“Indeed, we will know that we have achieved equality when women are noted and praised for their unique brand of steadfast courage.” – Sandra Ford Walston, *The Courage Difference at Work: A Unique Success Guide for Women*

Bottom Line: Simply by giving ourselves permission to claim our personal courage, we encourage those around us, making courage contagious and transforming the workplace.

Courageously yours,
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