

The courage to dare

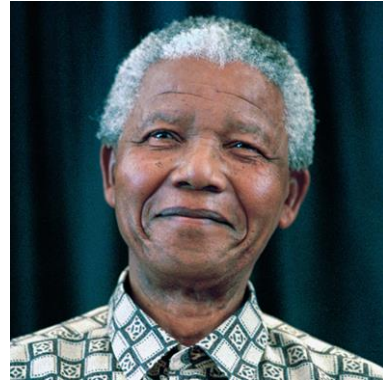


Claudia Cerna
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Courage

“Fear is a reaction, courage is a decision”

W. CHURCHILL



“Courage is not the absence of fear, is conquering the fear”

N. MANDELA

“When I doubted I asked myself: if not me, who? If not now, when?”

E. WATSON



“Life shrinks or expands in proportion to one’s courage”

A. NIN

“If you want something you’ve never had, you have to do something you’ve never done”

ANONIMO



If actions were without consequences, we wouldn't be talking about courage

Some actions are more likely to succeed, but all actions bear a certain degree of risk

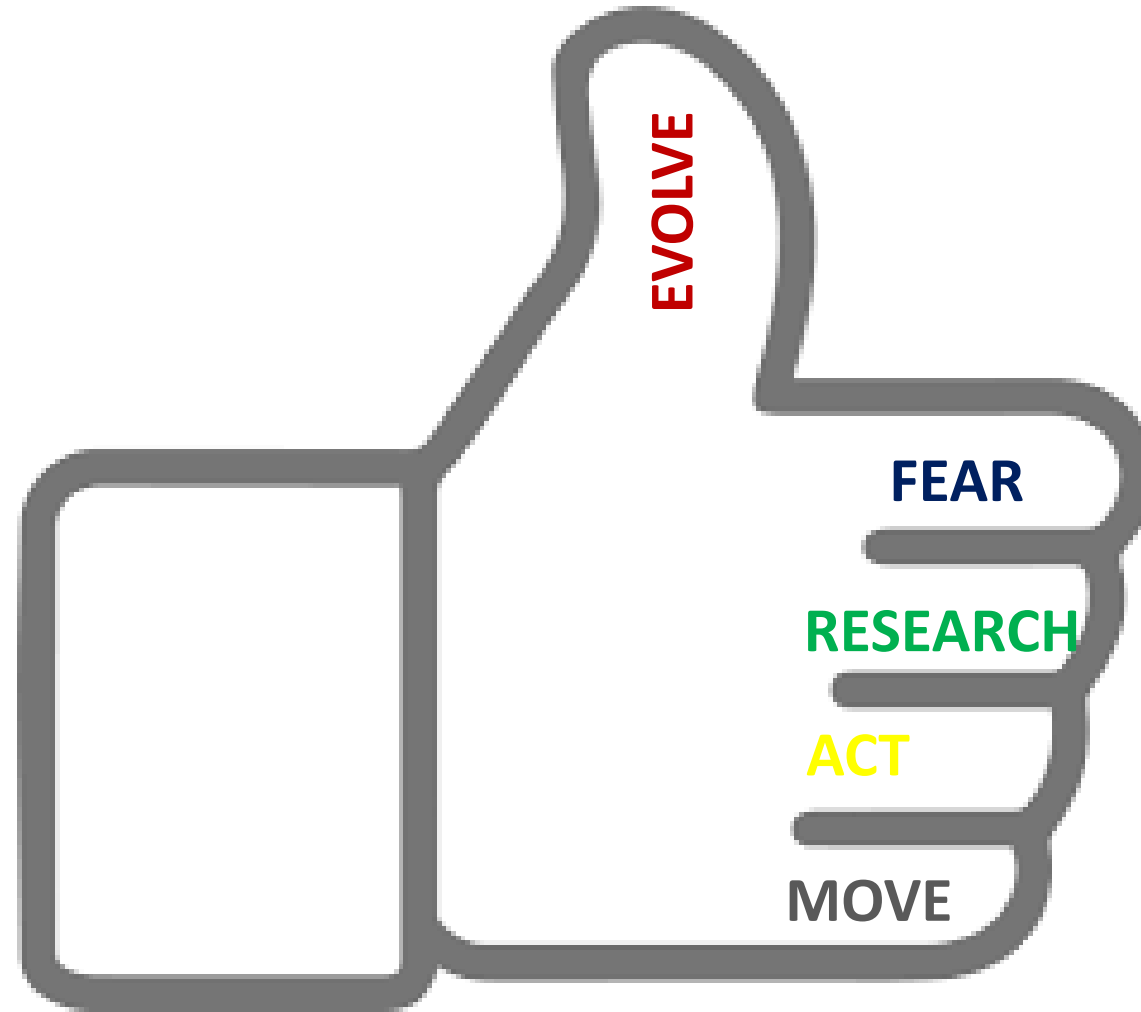
Deciding to act despite the difficulty or discomfort requires courage

Courage is not the absence of fear

To be courageous we need to recognize and deal with our fears; some tools support our ability to think and act courageously

Relationships are crucial to create an environment in which we feel free to act courageously; by doing so we exploit our full potential to reach our goals and those of the organization.

Our Model F.R.A.M.E.



Name the fear

Where does the fear come from?

What are the actions that will allow me to conquer my fear?

Who can help me?

Practice makes courageous

Content

- Recognize and deal with our blocking fear through the F.R.A.M.E. Model
- Mindsets that sustain our goals' achievement
- Understand the elements of courage
- Allow space to practice courage
- Enabling courage in organizations



Sample Agenda

The 2 modules provide a framework to understand Courage and Fears at individual and organizational level. They provide tools to activate effective behaviours to demonstrate individual and organizational courage

Module 1 - Fears and Courage– Understand what they are and how they operate		Module 2- Fears and Courage – Tools to manage them
10:00-10:15	Welcome and introduction	Opening and homework discussion
	Courage	The courage I need
	What is Fear	The fearless organization
10:50-11:00	Break	Break
11:00-12:20	The F.R.A.M.E. Model	Is my organization fearless?
	Develop new mindsets to enable courage	Practicing courage
12:20-12:30	Closing	Closing