

COMPASSIONATE COURAGE

Ideas and activities to build courage that is strong, caring, compassionate and confidence building

WHY DO THIS?

1

Courage enables us to show our strength on the outside that our hearts know is on the inside

2

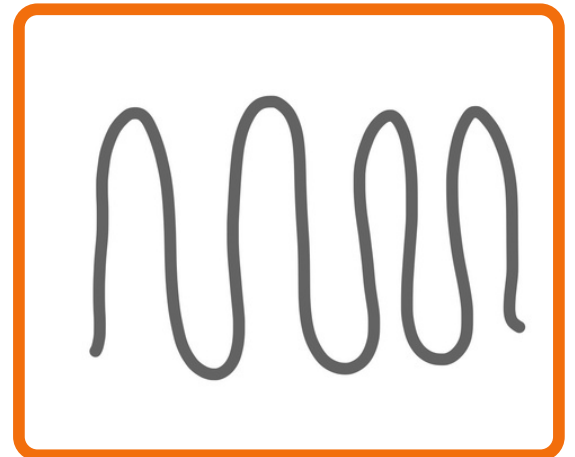
Prioritising our own self care enables us to be more effective and productive

3

Compassionate courage enables conversations with positive challenge not negative conflict

A MOMENT OF PAUSE

Take 2 minutes of pause - using pen and paper to track your breathing. Draw the upward stroke on your in-breath, the downward stroke on your out-breath. Repeat and notice does your breathing follow your pen or your pen follow your breathing?



4 ENABLERS TO COMPASSIONATE COURAGE

- **Psychological safety:** Make it OK for it not to be OK, recognise the reality of the every day and not just the show real of the best bits.
- **Meaning** - make time for the conversations that enable people to connect the part they play to the bigger picture
- **Care:** How often do you show yourself the same level of care that you give to other people - make time today for self-care
- **First steps:** Who can you help today to take a first step with courage? Equally where do you need to have the courage to take your own first step?

REFLECTION

"We desperately need more leaders who are committed to courageous wholehearted leadership and who are self-aware enough to lead from their hearts, rather than unevolved leaders who lead from hurt and fear"

Brene Brown

