



character

a 52-week series about amplifying your
management & leadership skillset

create

Courage

Overview

If there was one thing I would share about management & leadership...

It would be about the importance of **courage**. First and foremost, courage is not the absence of fear. Courage is accepting it, and then moving into the uncertainty and unexpectedness, head held high, with confidence, hope and faith in what is possible. Managers and leaders face these crossroads everyday – large, small and inbetween.

"Life shrinks or expands in proportion to one's courage."

Anais Nin

For the week...

- **Reflect:** What parts of the job or with the team create fear and apprehension? Tag them and consider what needs to grow and change.
- **Act:** Pick one of the places where fear is stopping you, like delivering hard coaching conversations. Find your strength in that place/moment and leverage it as you move through next steps.
- And know courage does not mean doing leadership alone. "Better Together" can be a much needed source of strength and encouragement.

Let's be real, **being courageous comes out of core values and belief**. Consider the next time you face success at a cost or pain in failure or risking change, where does your next step come from? How will you meet fear? Fight or flight...or forward?



To learn more about this series, contact Kurt Reinhart.
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