



WIRED FOR CONNECTION

YOU AT TMP WEEK 3 COURAGE AND BRAVERY  
THE STORIES WE TELL OURSELVES

April 2023  
Carolyn Klassen  
CarolynKlassen.com



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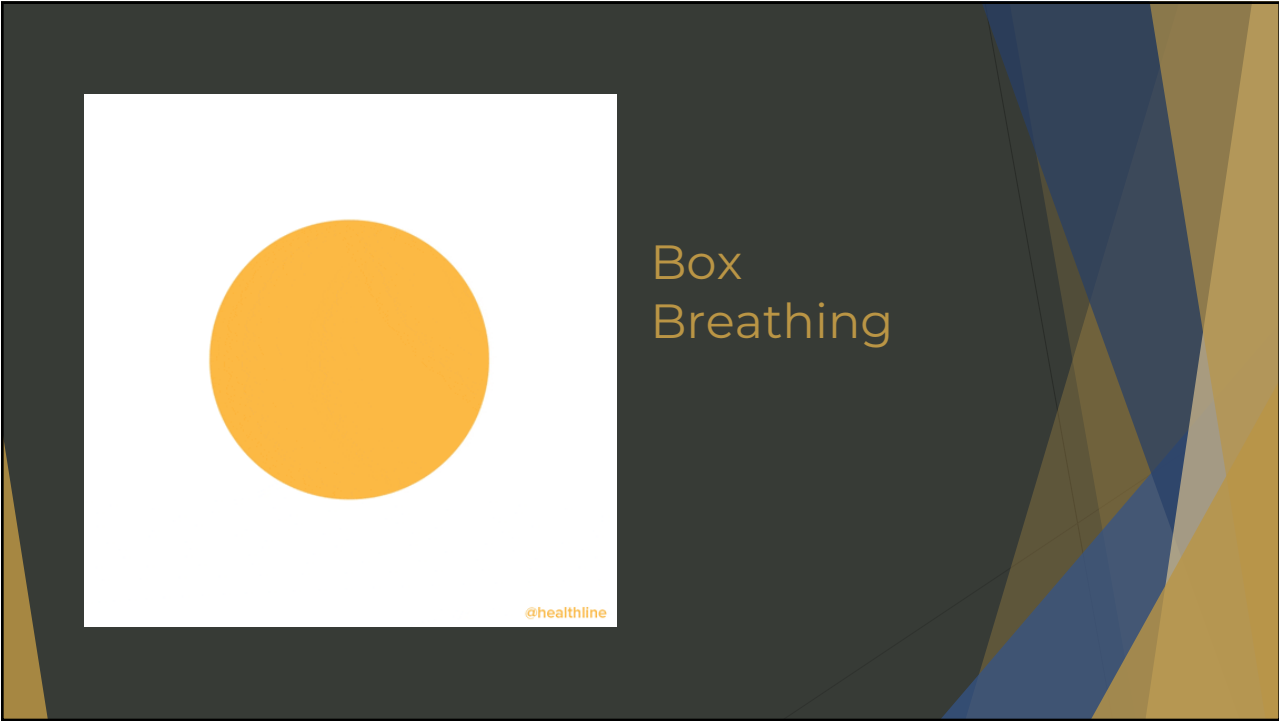


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Box Breathing

@healthline

3



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We are wired for connection

It was hard even before the pandemic.

PHOTO BY IAN MCCLAUSLAND

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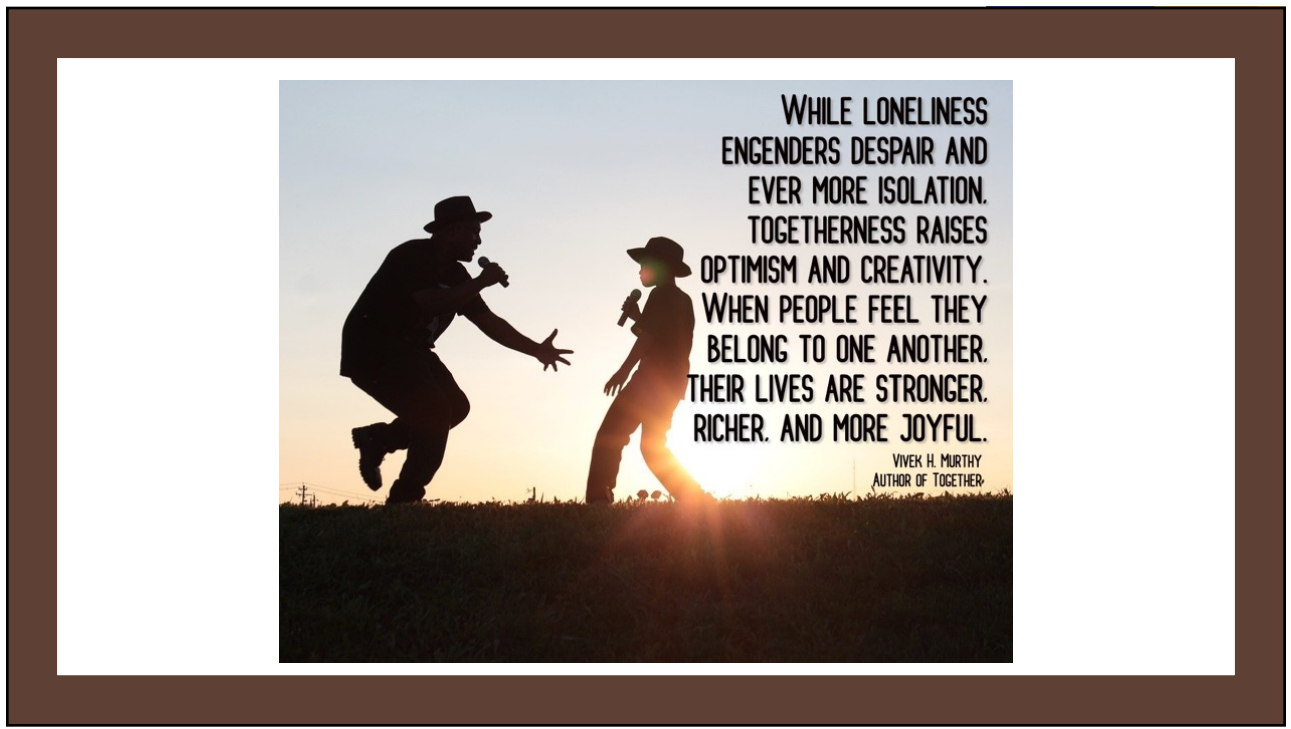
SHAME IS THE FEAR OF DISCONNECTION

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SHAME IS THE INTENSELY PAINFUL FEELING OR EXPERIENCE OF BELIEVING THAT WE ARE FLAWED AND THEREFORE UNWORTHY OF LOVE AND BELONGING

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WHILE LONELINESS ENGENDERS DESPAIR AND EVER MORE ISOLATION. TOGETHERNESS RAISES OPTIMISM AND CREATIVITY. WHEN PEOPLE FEEL THEY BELONG TO ONE ANOTHER. THEIR LIVES ARE STRONGER, RICHER, AND MORE JOYFUL.

VIVEK H. MURTHY  
AUTHOR OF TOGETHER

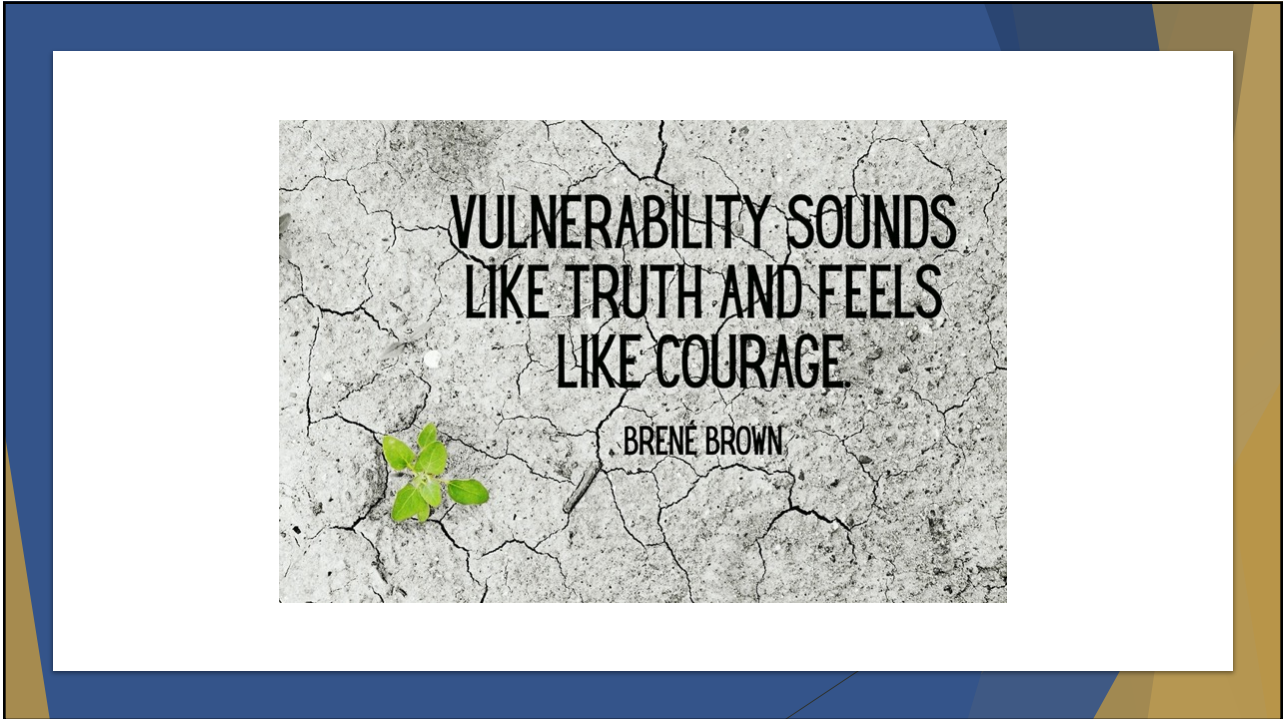
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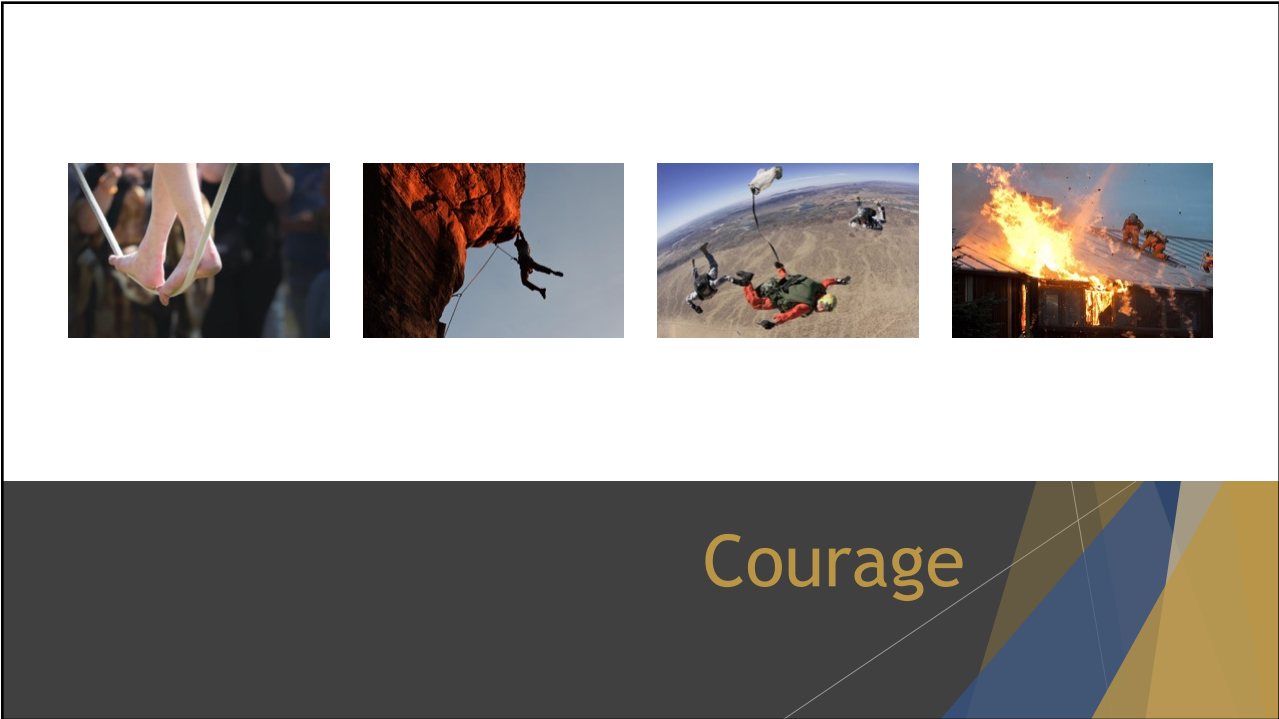


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## Courage

- ▶ By definition, it involves feeling fear
- ▶ It arises out of values and beliefs—a cause
- ▶ It's a mindful choice

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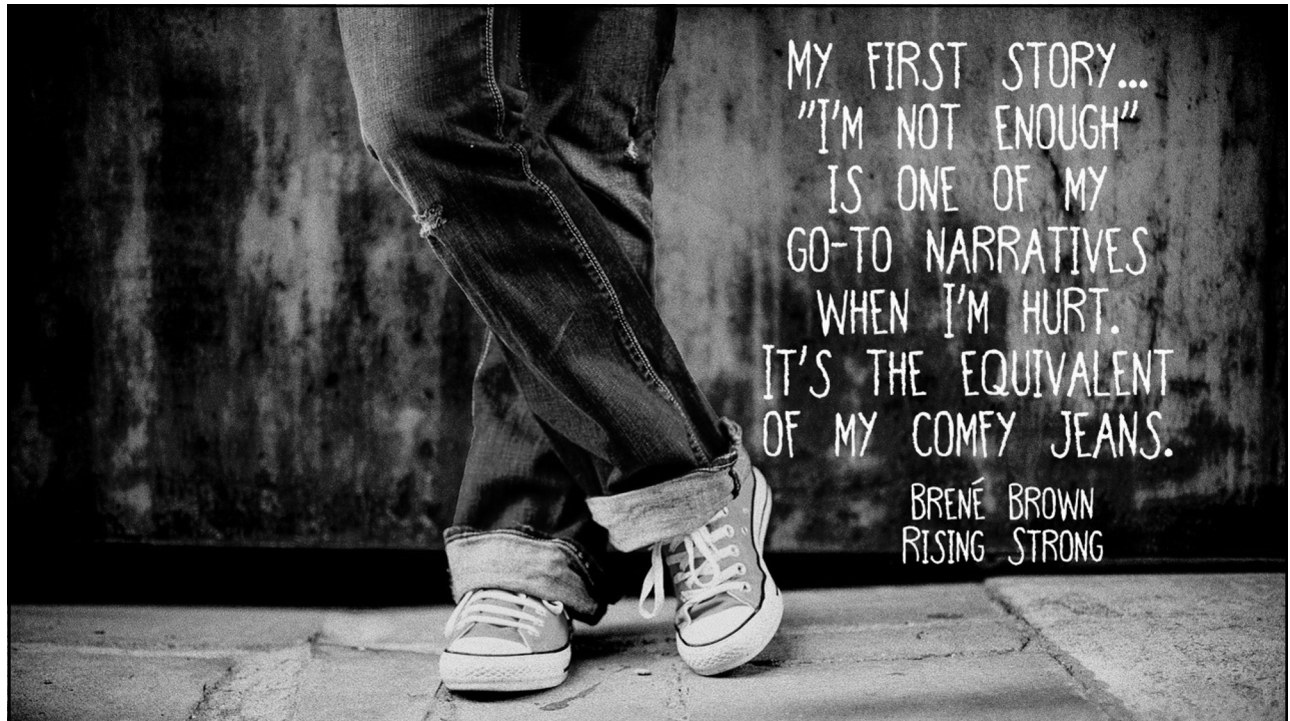


## What all this talk about courage?

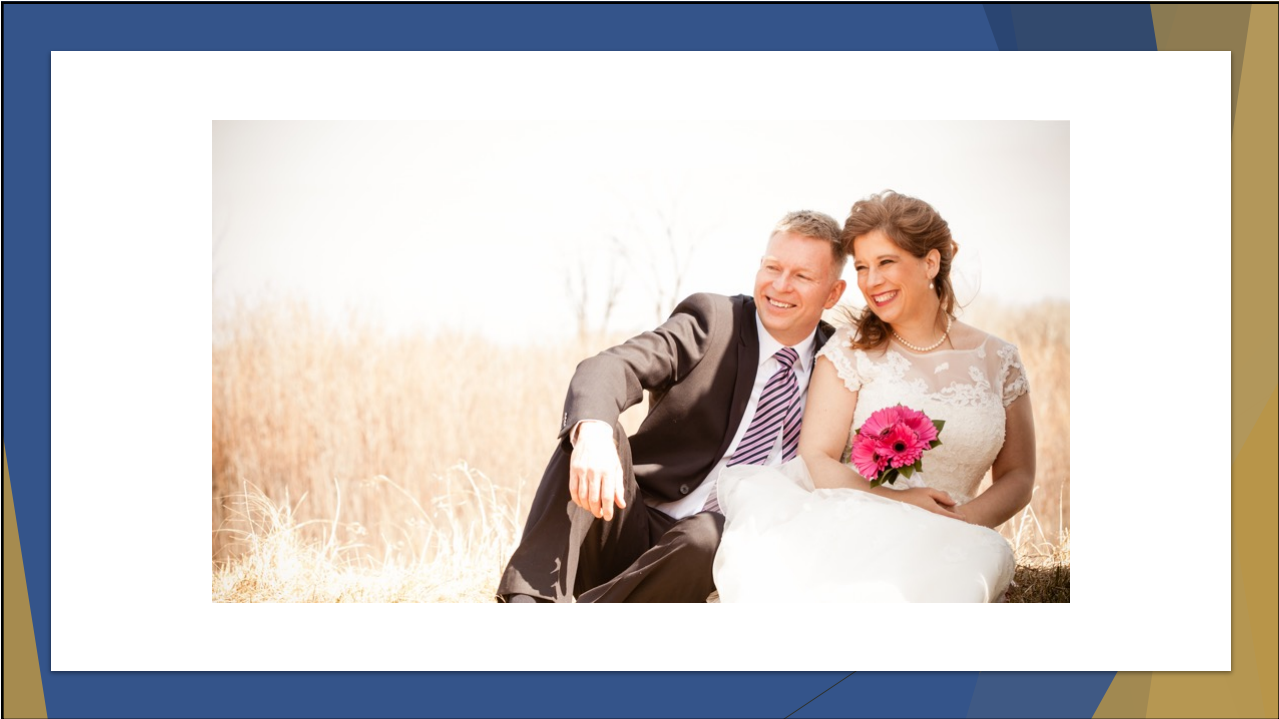
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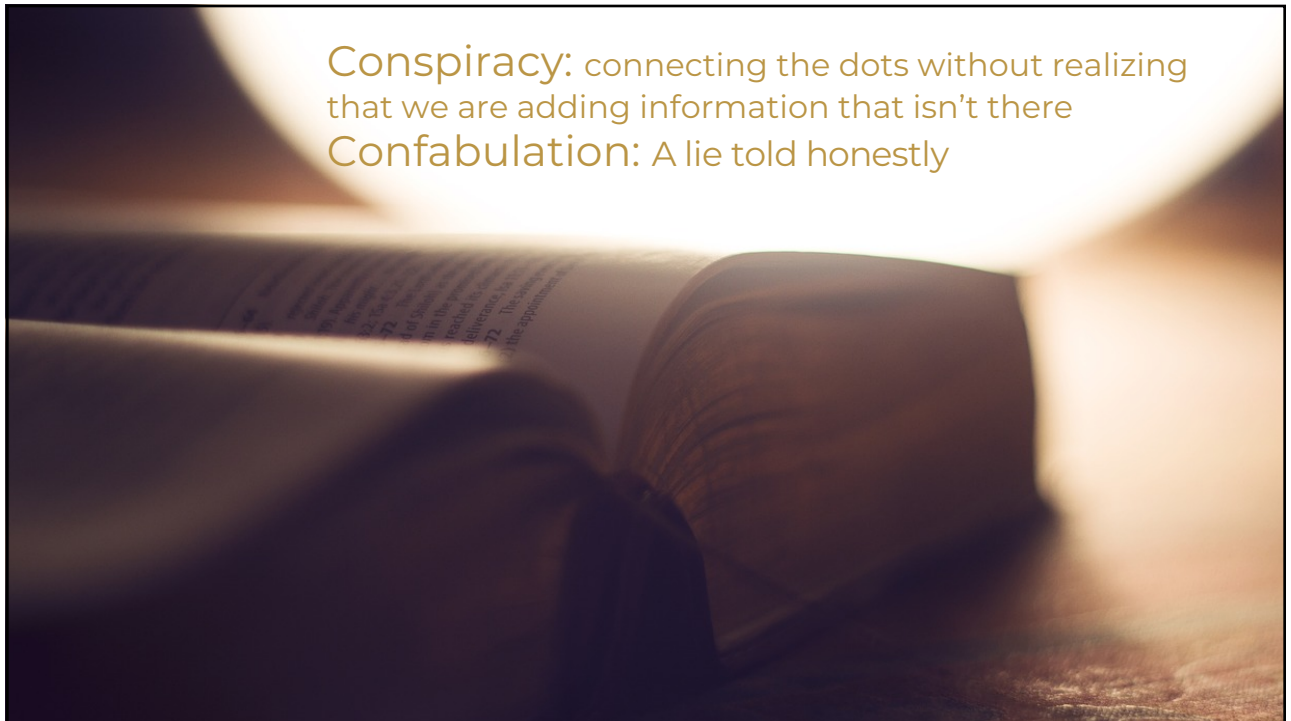
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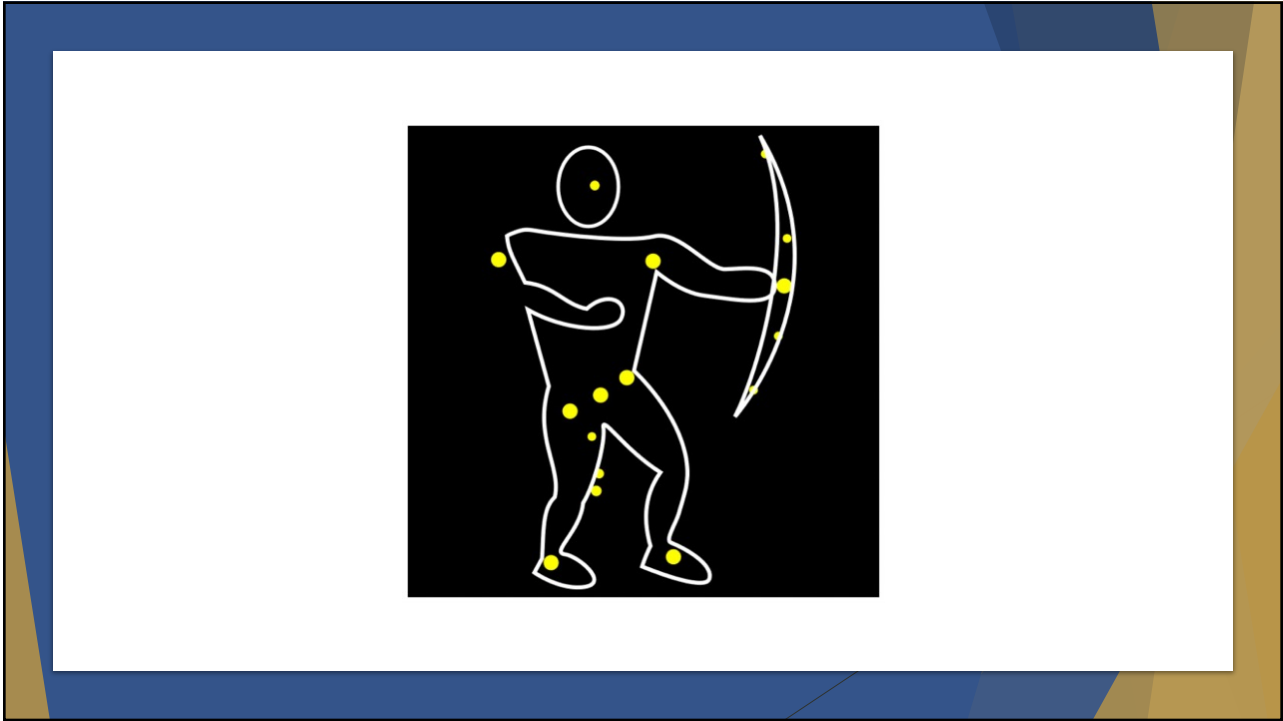
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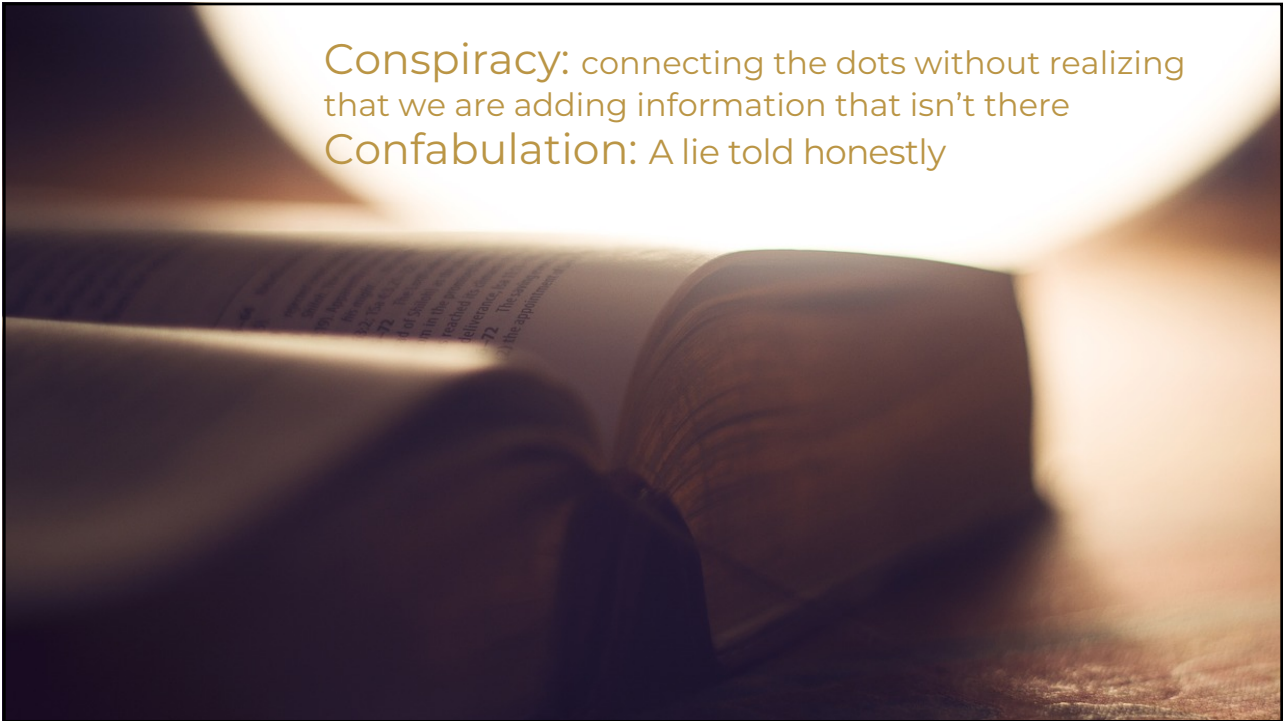
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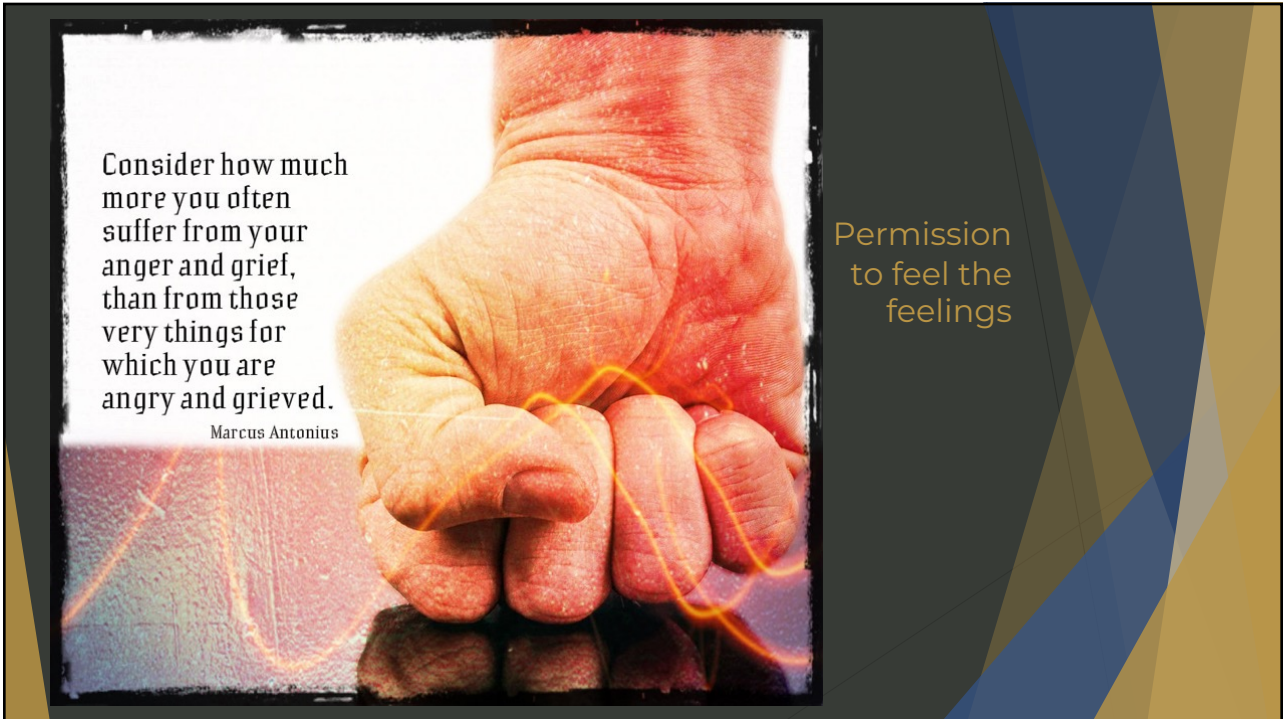


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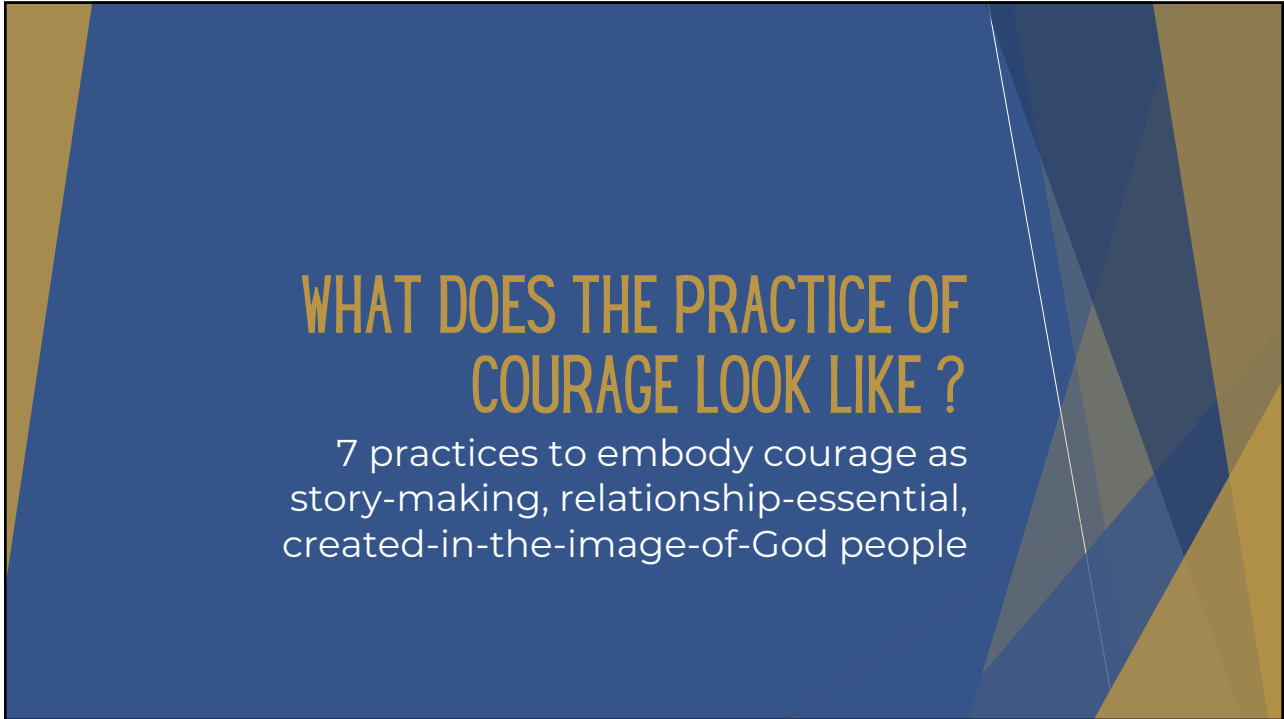




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2. Courage is being willing to be vulnerable

VULNERABILITY SOUNDS LIKE TRUTH AND FEELS LIKE COURAGE. TRUTH AND COURAGE AREN'T ALWAYS COMFORTABLE, BUT THEY'RE NEVER WEAKNESS. BRENE BROWN

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The greatest barrier to daring leadership is not fear; the greatest barrier is armor, or how we self-protect when we're in fear.

Brené Brown

3. Courage is showing up without armor

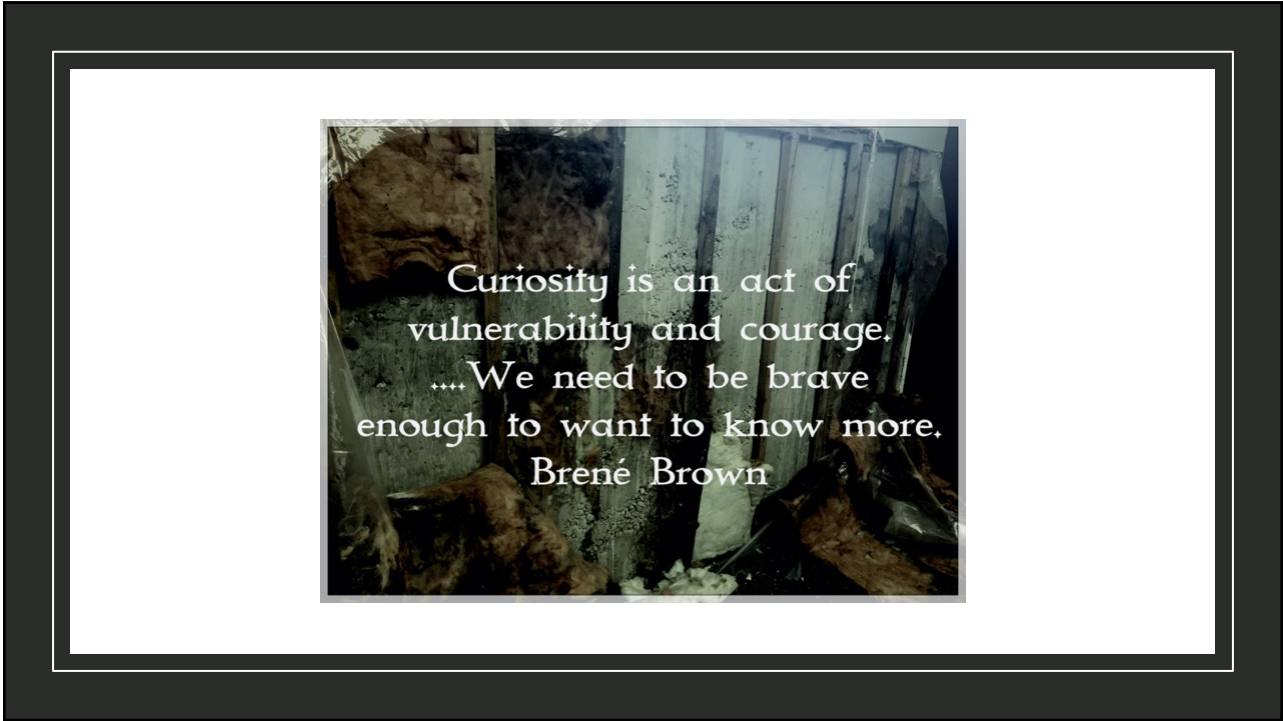
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Ways to armor up:

- Criticism
- Judgement
- Cynicism
- Sarcasm
- Stonewalling
- Defensiveness

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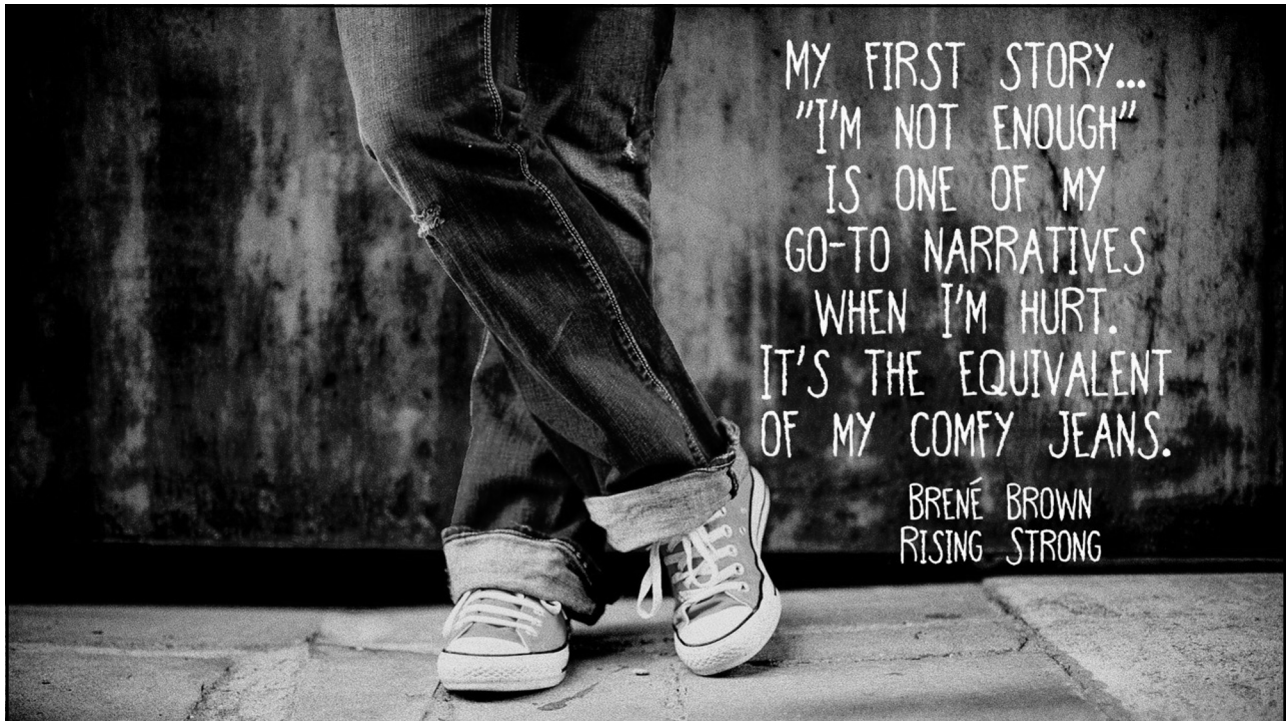


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4. Courage is recognizing that others are telling themselves stories too

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MY FIRST STORY...  
"I'M NOT ENOUGH"  
IS ONE OF MY  
GO-TO NARRATIVES  
WHEN I'M HURT.  
IT'S THE EQUIVALENT  
OF MY COMFY JEANS.

BRENÉ BROWN  
RISING STRONG

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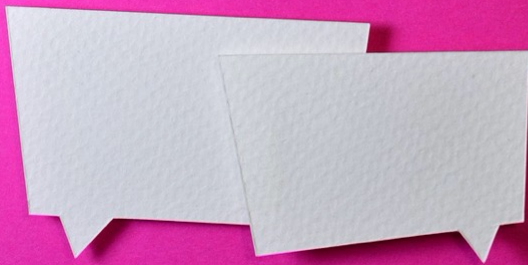
5. Courage is choosing to collaborate



to *make* it right  
rather than *be* right

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6. Talk about how you  
are going to talk about it



- Prep the ground
- Plan for safety
- Anticipate problems
- Develop baseline understandings

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You need to know  
that part of being  
**STRONG AND TOUGH**  
is having the  
**COURAGE**  
to seek  
**HELP**  
when you need it  
**PRINCE HARRY**



7. Courage is asking for help

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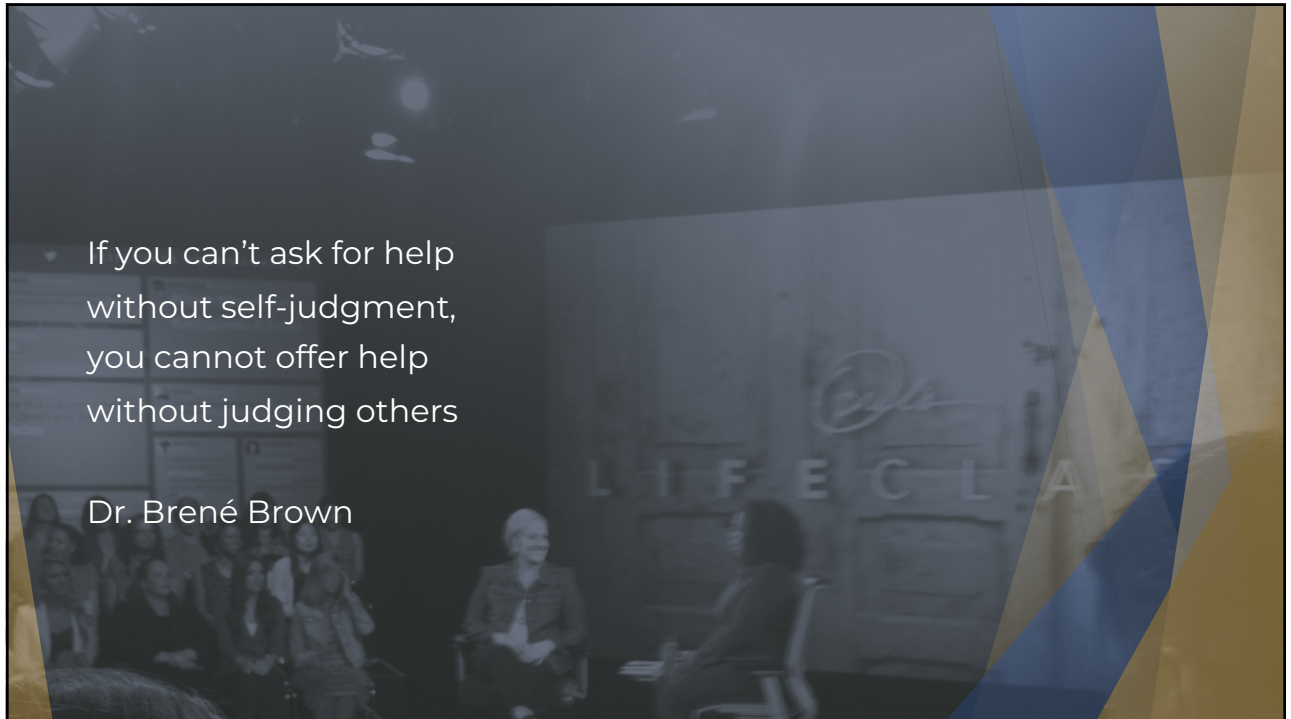




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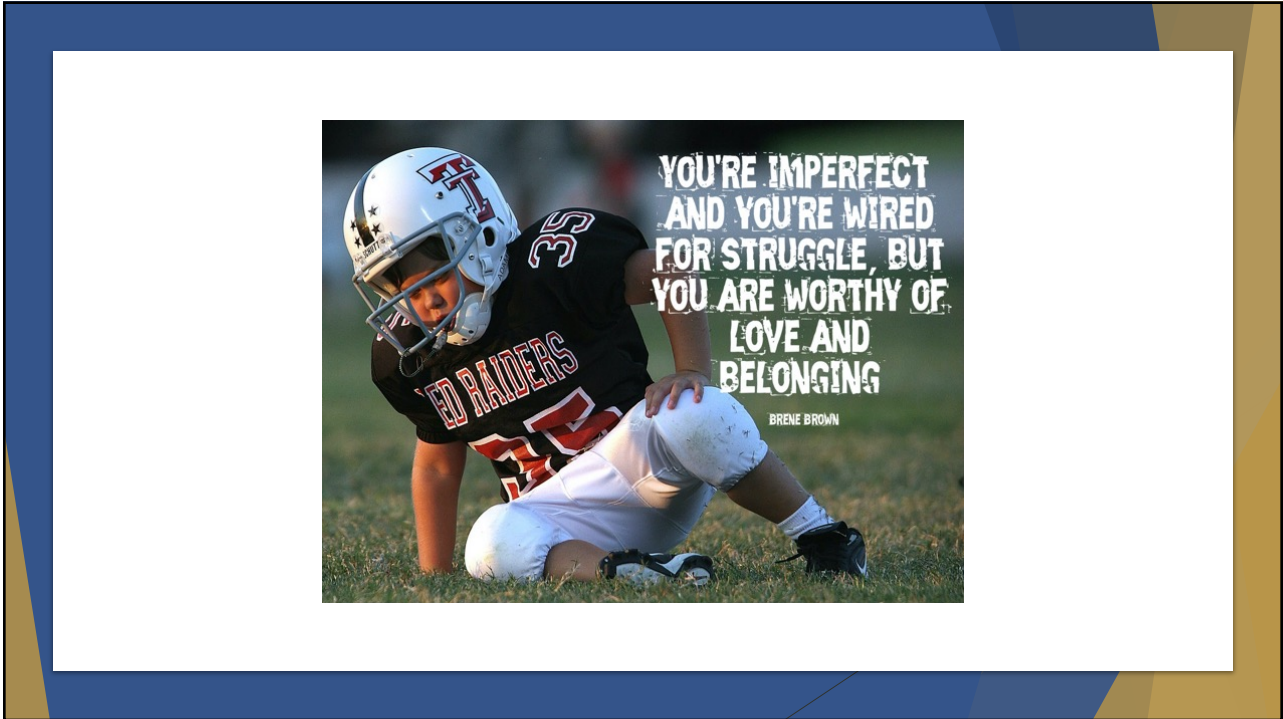
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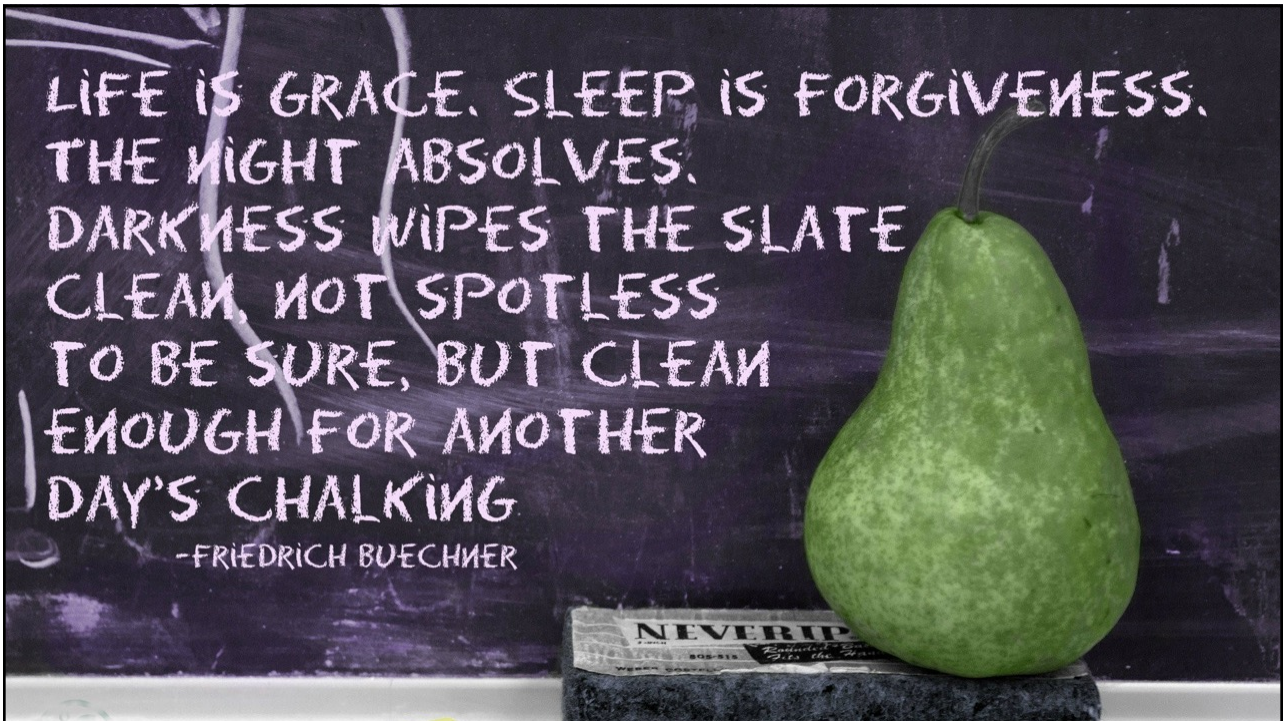
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