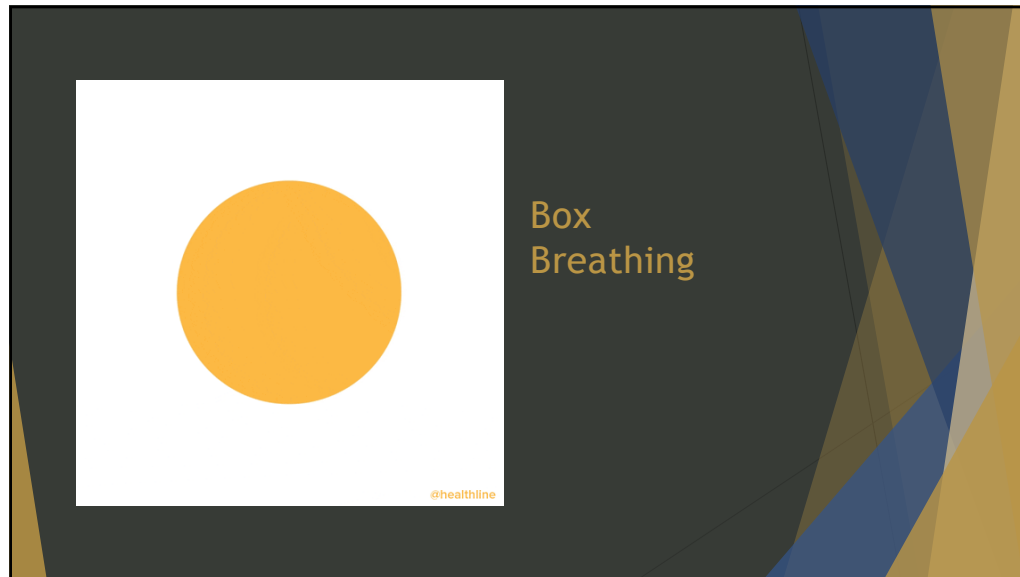
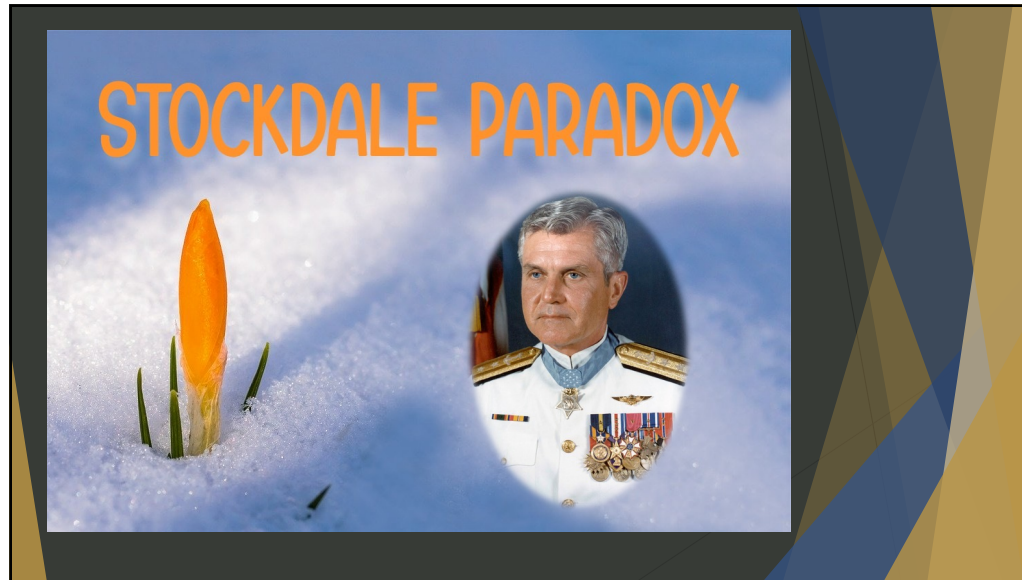




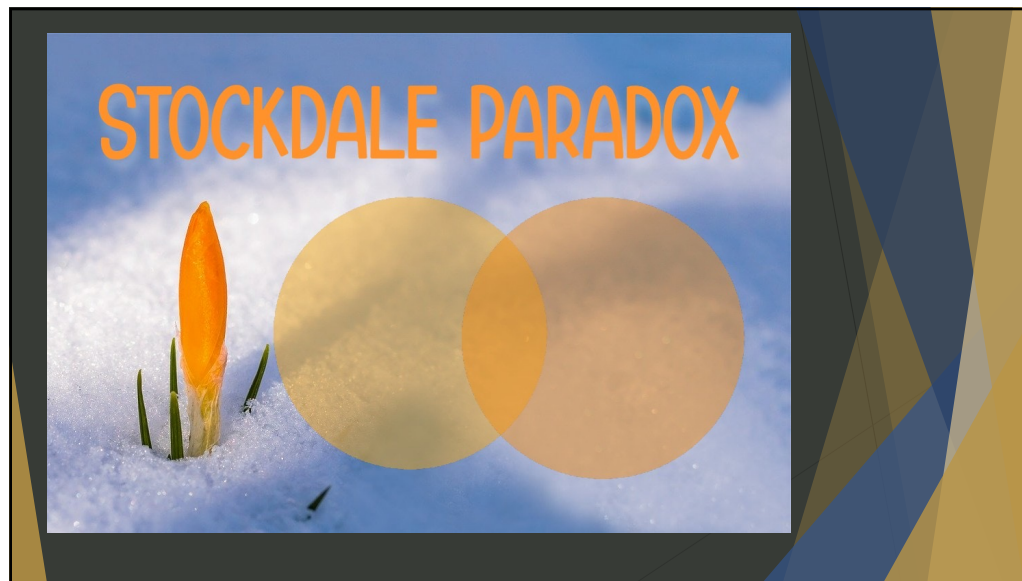
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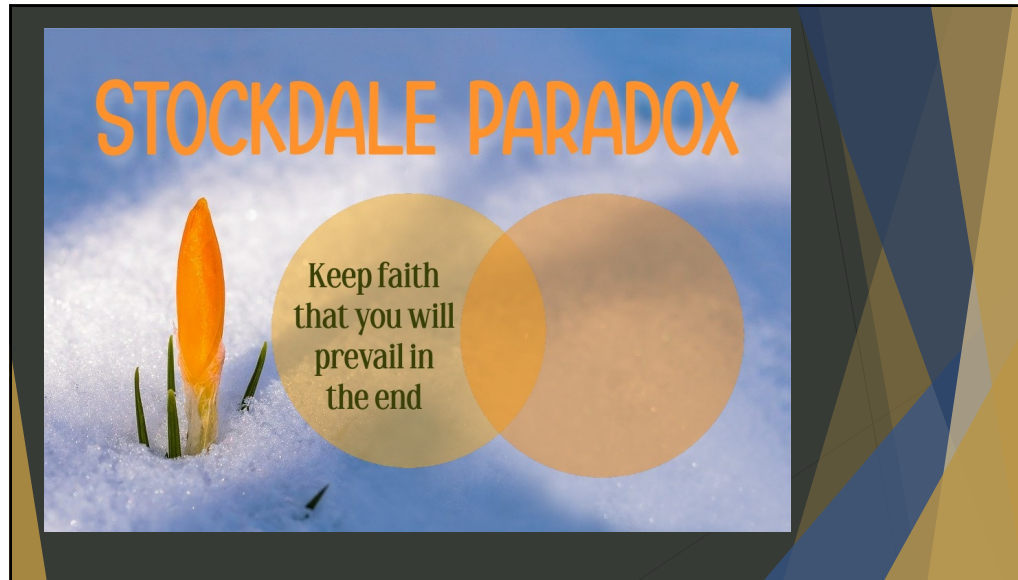
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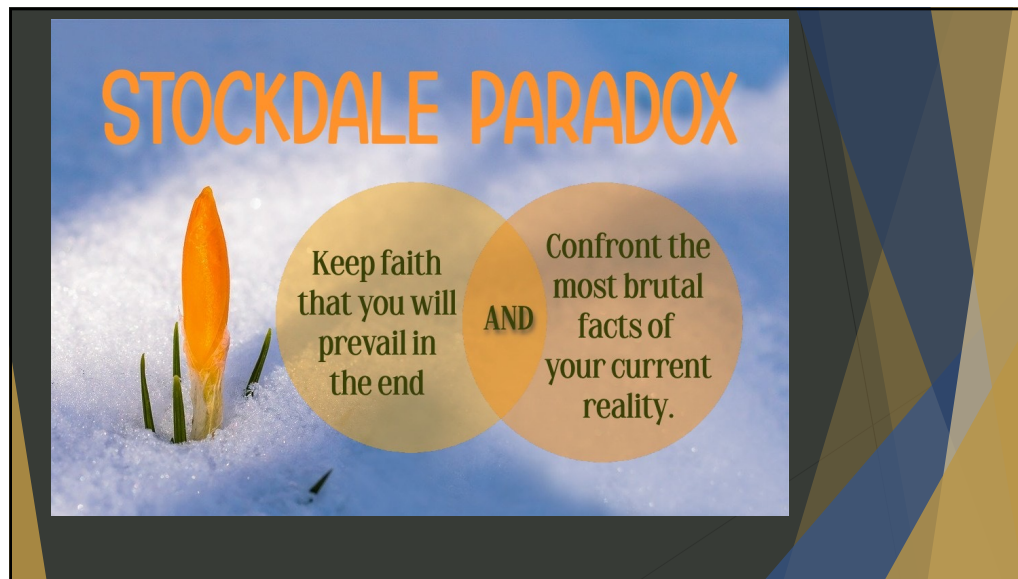
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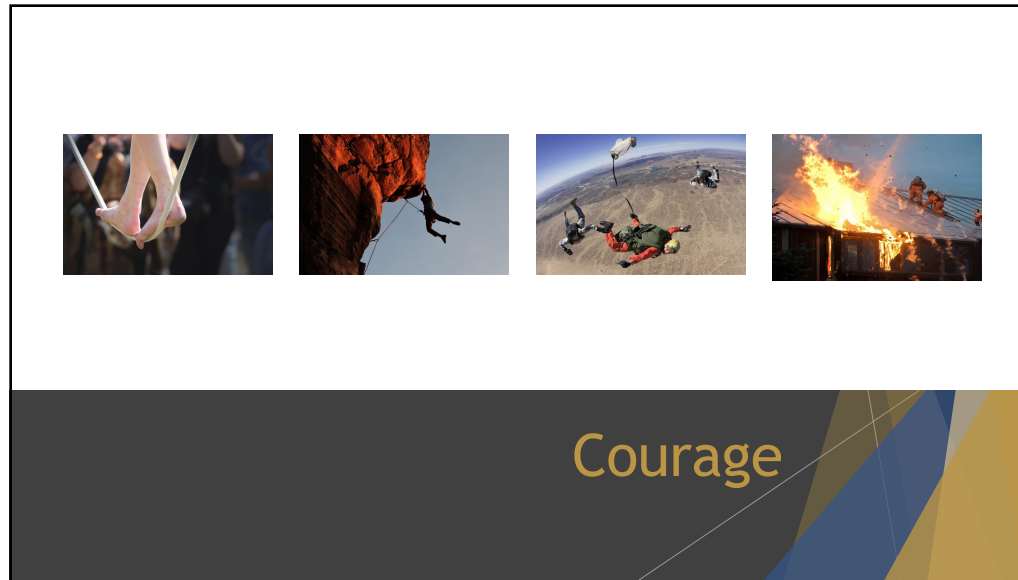


I want to be in the arena. I want to be brave with my life. And when we make the choice to dare greatly, we sign up to get our asses kicked. We can choose courage or we can choose comfort, but we can't have both. Not at the same time.

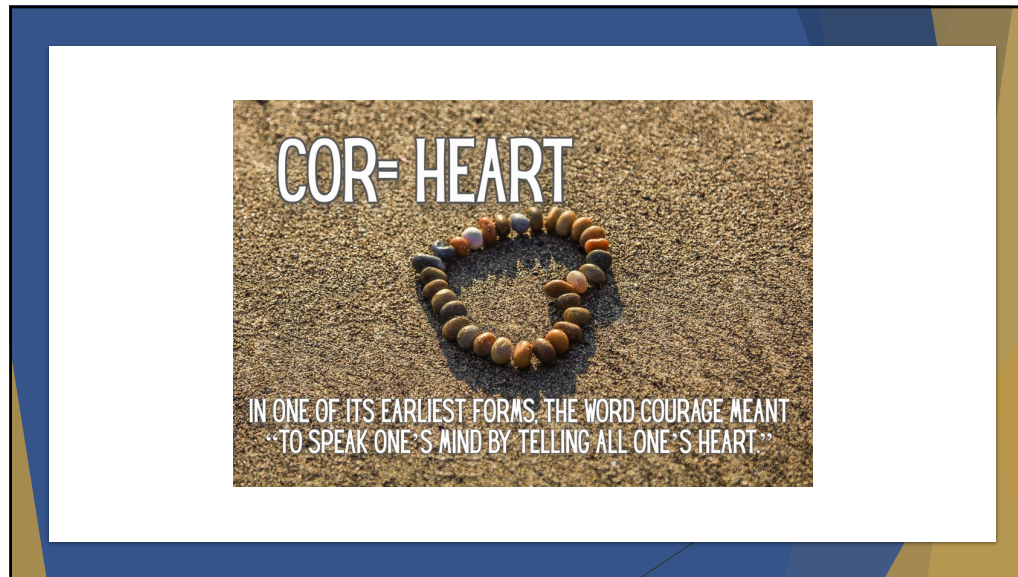
Brené Brown

8

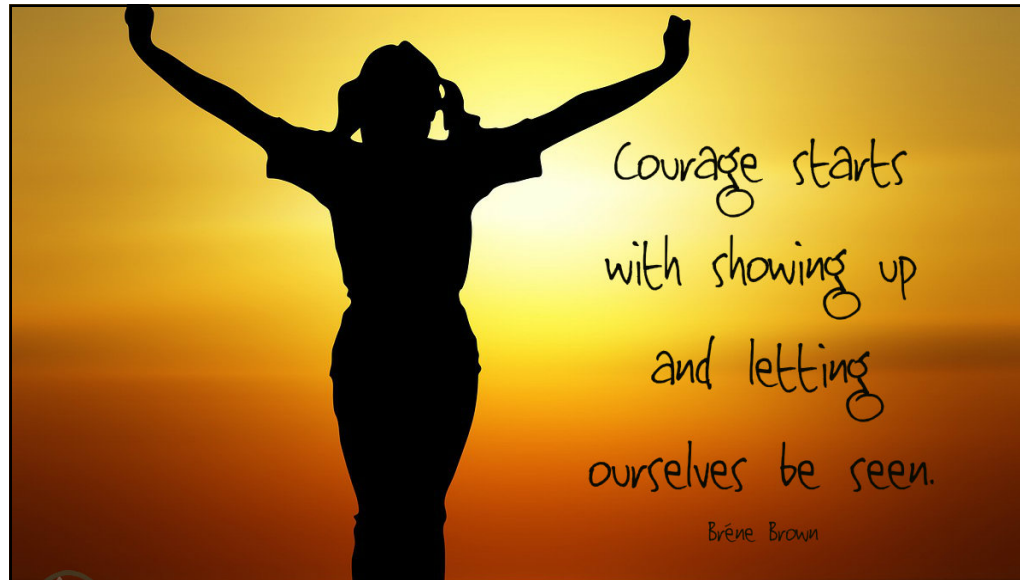




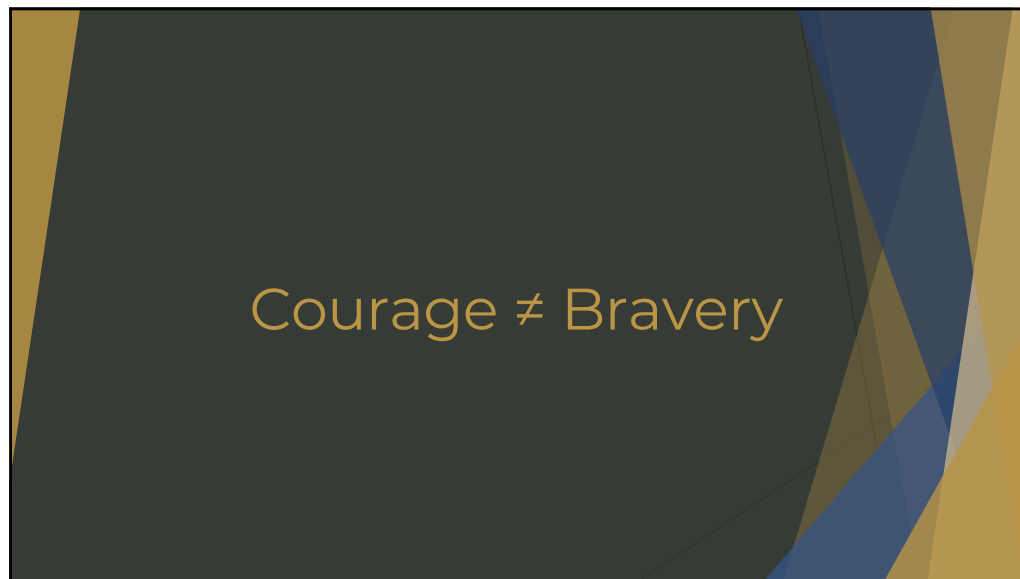
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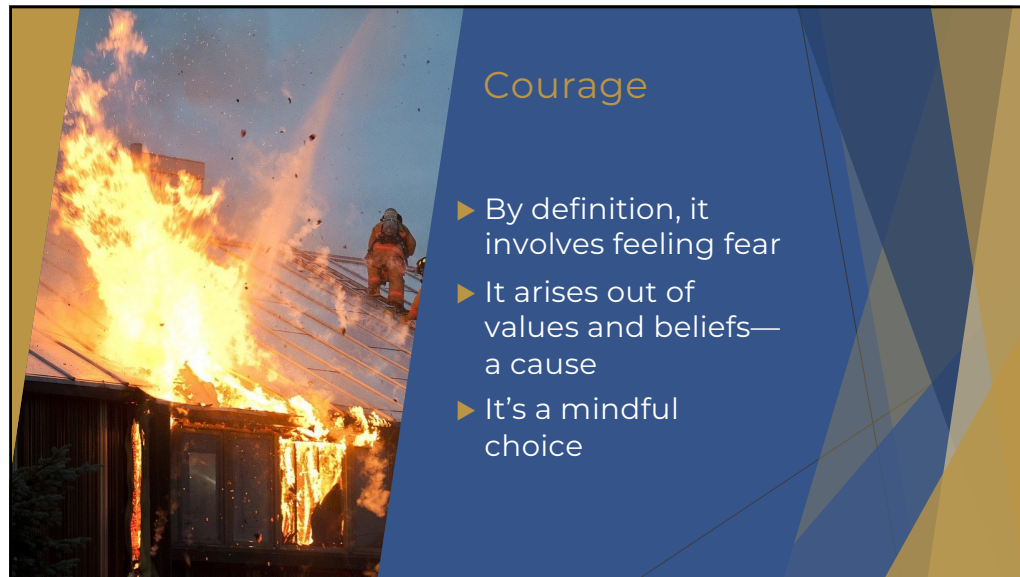


12



Bravery is acting without fear in the equation

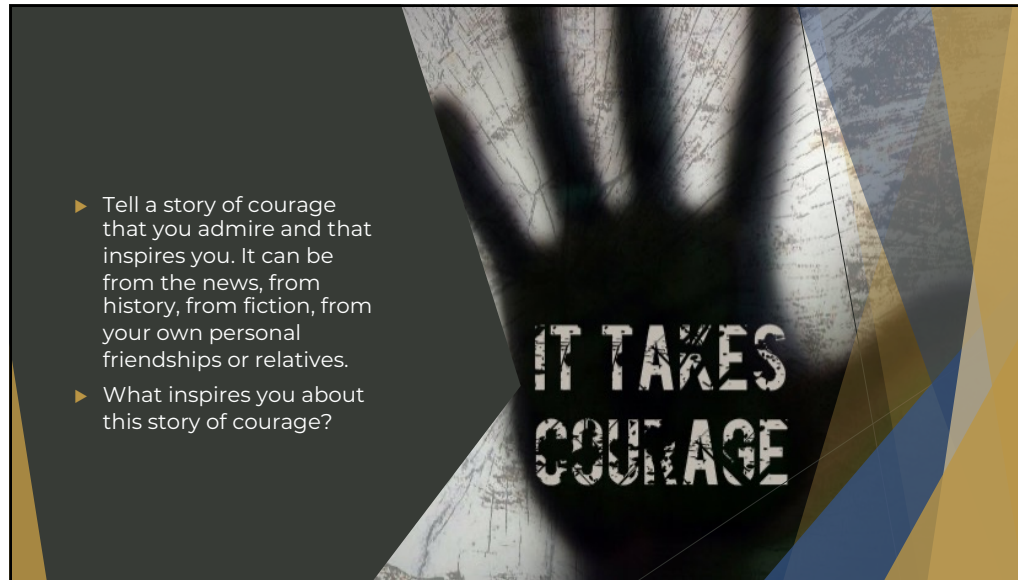
13



## Courage

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

14



▶ Tell a story of courage that you admire and that inspires you. It can be from the news, from history, from fiction, from your own personal friendships or relatives.

▶ What inspires you about this story of courage?

**IT TAKES  
COURAGE**

15

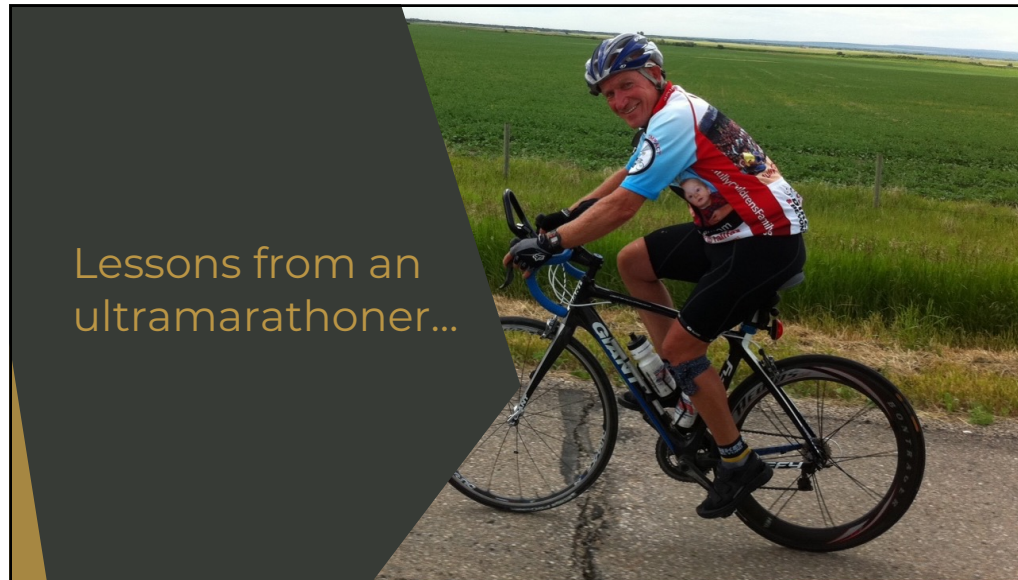


**VULNERABILITY:**

Uncertainty  
Risk  
Emotional Exposure

16





Lessons from an  
ultramarathoner...

17

**Arvid Loewen –  
World Record**

Arvid Loewen held the Guinness record for the fastest bicycle crossing of Canada (6,040 km)

This was a feat he accomplished in 13 days, 6 hours, 13 minutes in 2011.

►...roughly 19 km/hour continuous

18

...and in 2020

Manitoba · Video

### Winnipeg grandfather breaks 2nd cycling world record



Arvid Loewen, 63, beat record for kilometres biked in a month on Wednesday night in Manitoba

CBC News · Posted: Jul 30, 2020 11:31 AM CT | Last Updated: July 30

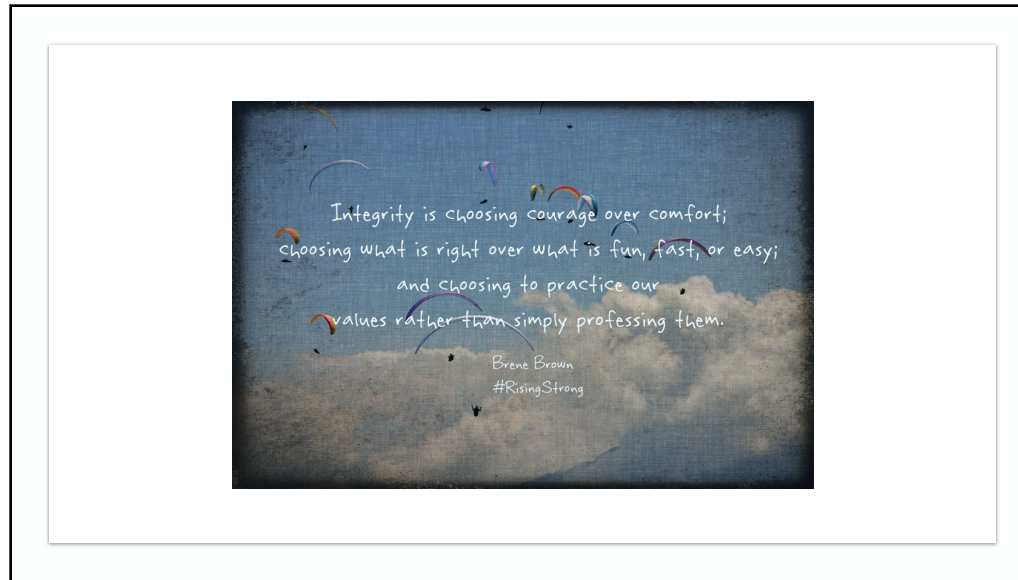


Grandfather to many has been raising money and awareness for the charity since a life-changing visit to Africa in 2006 2:02

19

Between stimulus and response,  
there is a space.  
In that space lies our  
freedom and power  
to choose our response.  
In our response lies our  
growth and freedom.  
-Victor Frankl

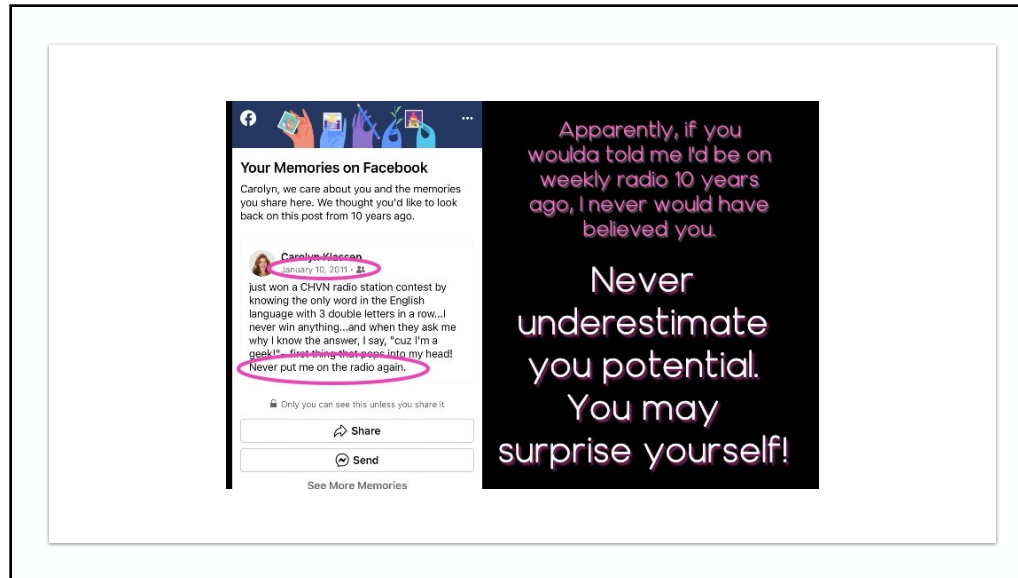
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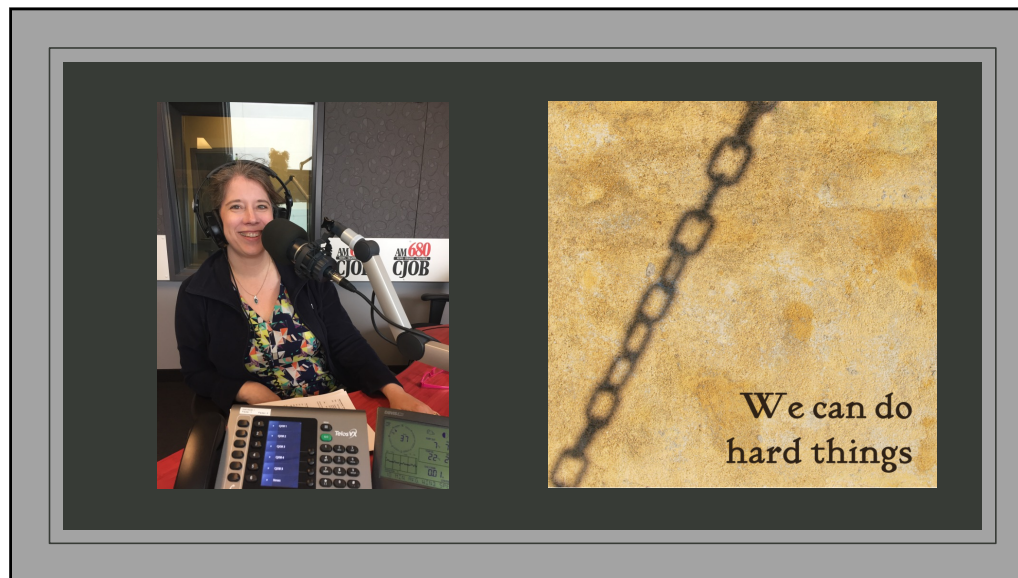
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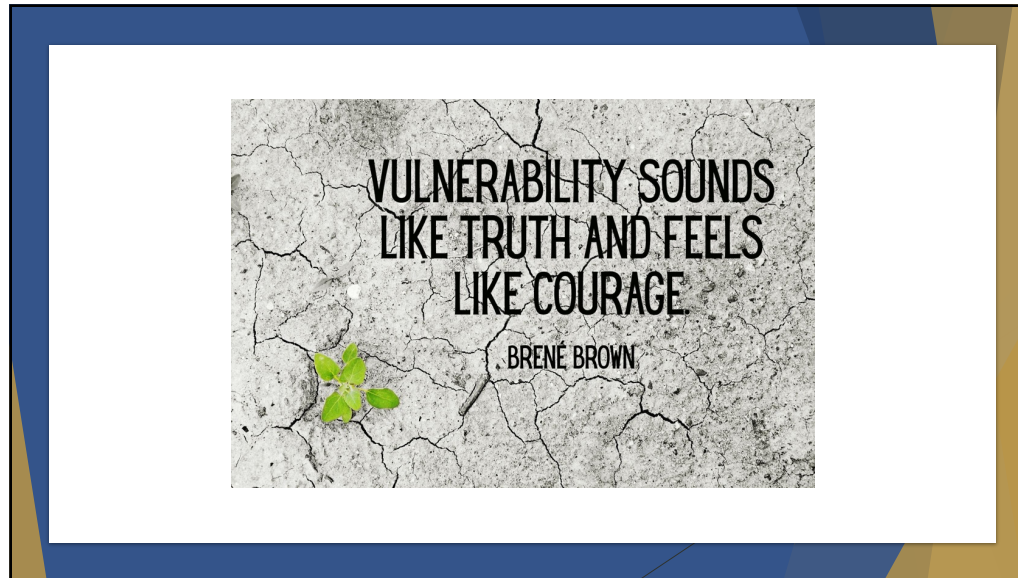


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24





25

## Story telling

- ▶ Tell a story of a time that you felt you needed to draw on your courage. What happened?
- ▶ What felt vulnerable about the situation? What scared you?
- ▶ What internal pull did you feel/think that tried to talk you out of being courageous? What almost held you back?
- ▶ What value/principle did you have that had you believe it was worth it to take the risk?

IT TAKES  
COURAGE

26



27



28



29



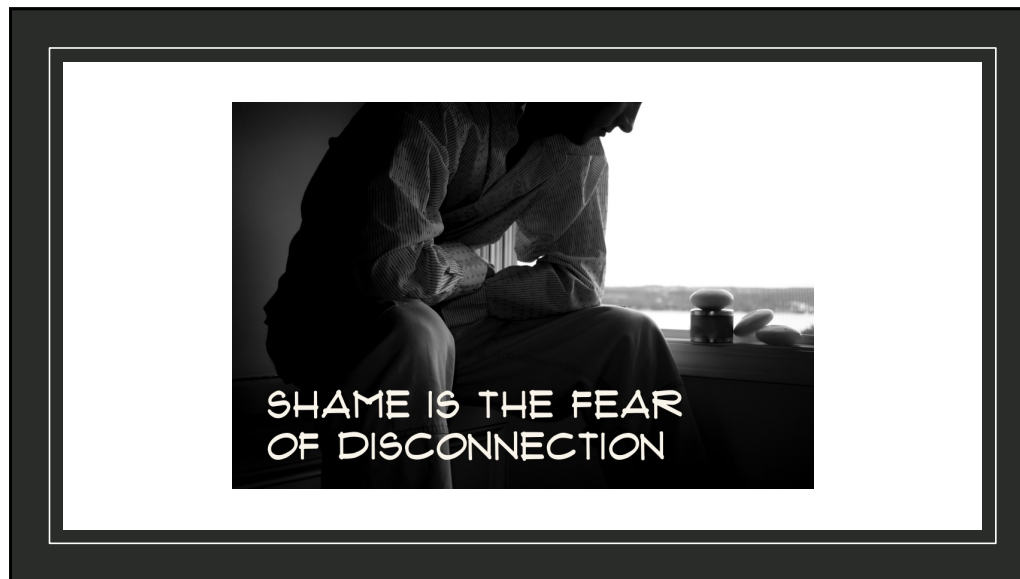
30



SAFETY ISN'T THE ABSENCE OF THREAT;  
IT IS THE PRESENCE OF CONNECTION

DR. GABOR MATÉ

31



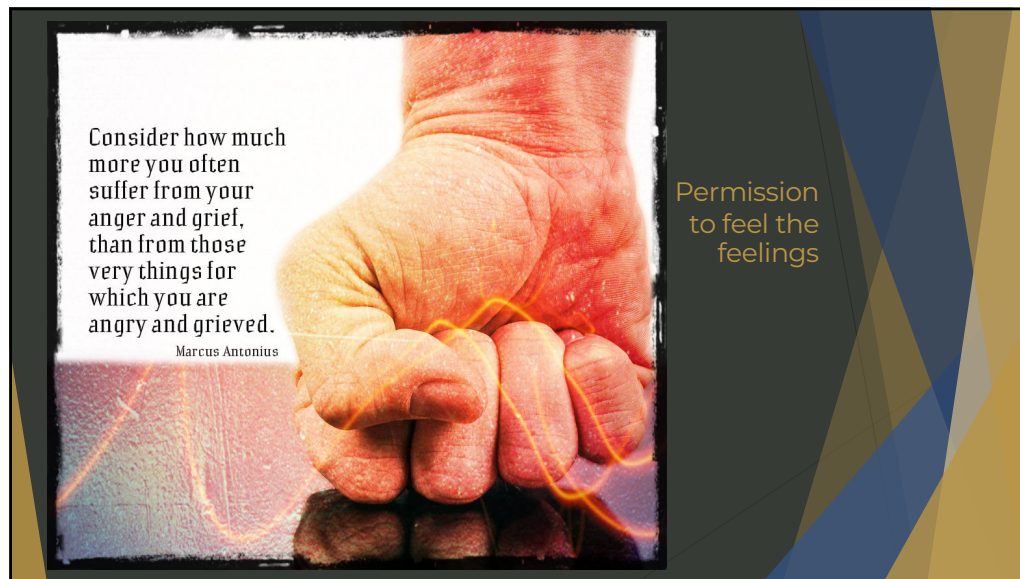
SHAME IS THE FEAR  
OF DISCONNECTION

32

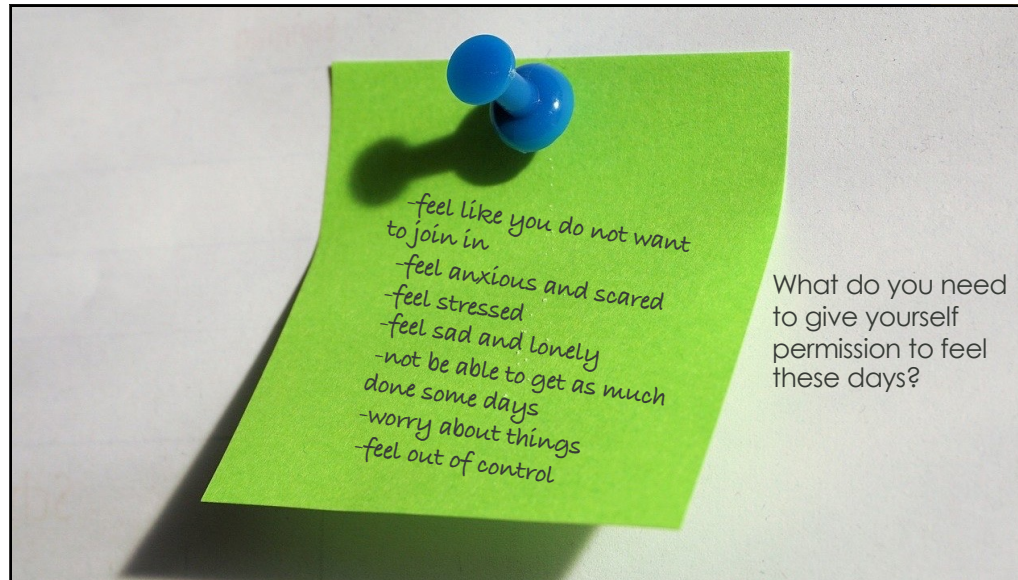




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34



35

|                              |  |
|------------------------------|--|
| I give myself permission to: |  |
|                              |  |

36

## Self-Compassion

1. Self-kindness
2. Mindfulness
3. Common Humanity

37

*This is a moment of suffering,  
suffering is part of life.  
Let me be kind to myself in this moment.  
Let me give myself the compassion I need*

*Kristin Neff*

38



39

| I give myself permission to: | A way I can demonstrate more compassion to myself: |
|------------------------------|--|
|                              |  |

40





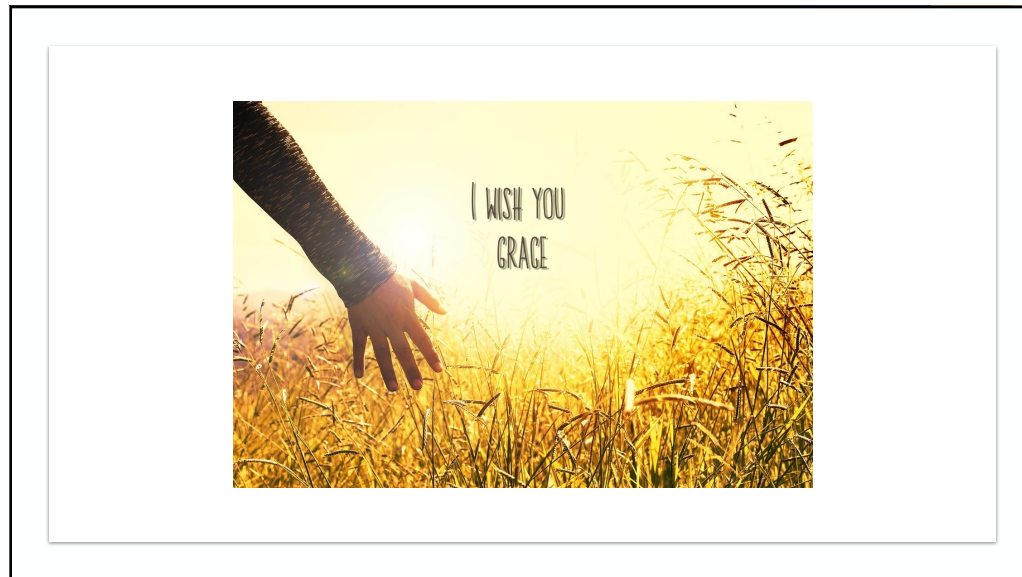
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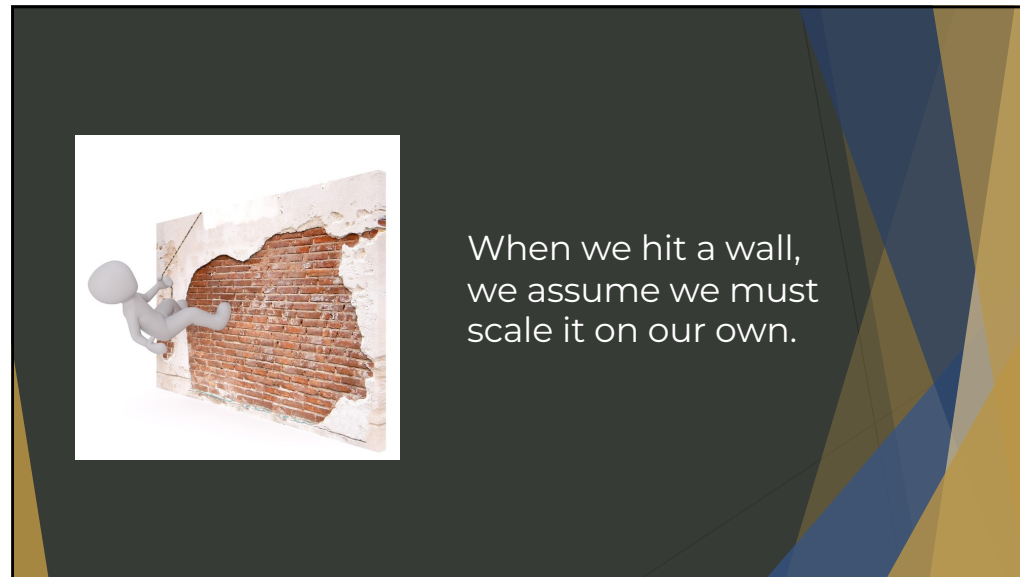
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46

|   |  |
|---|--|
| I give myself permission to:  | A way I can demonstrate more compassion to myself: |
| One way I can extend gritty grace and/or revolutionary mercy to myself: |  |

47



48





49



50





51



52

|   |   |
|---|---|
| I give myself permission to:  | A way I can demonstrate more compassion to myself:                              |
| One way I can extend gritty grace and/or revolutionary mercy to myself: | One small way it would be good for me to risk connection with myself or others: |

53



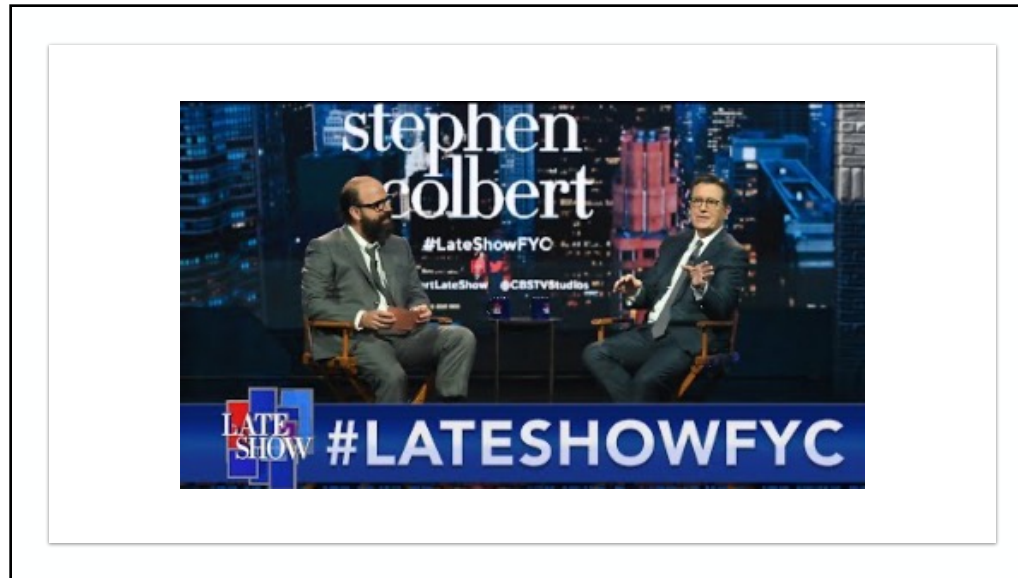
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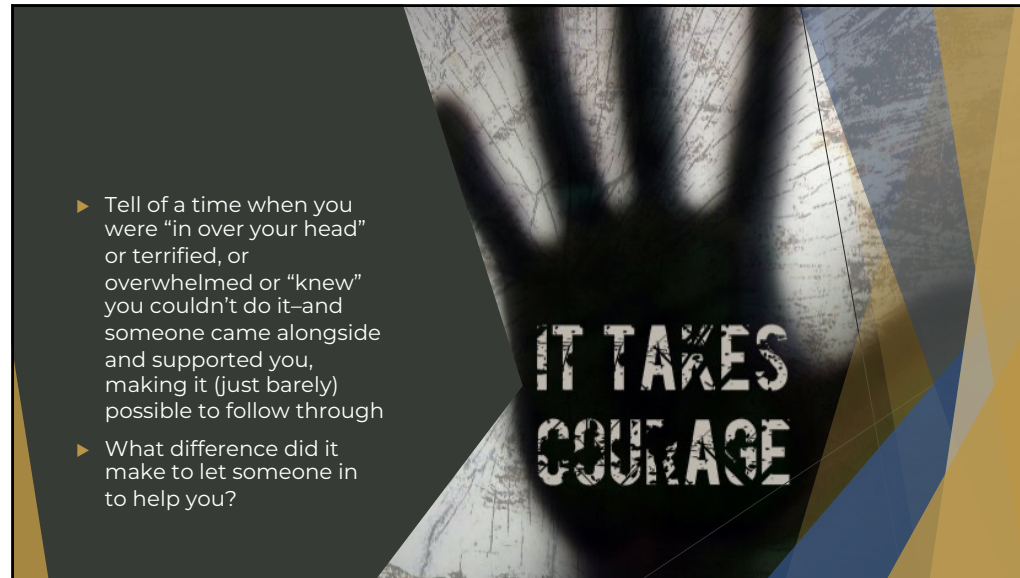
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Take it in 15 minute chunks  
OR Take it as an experience

<https://www.youtube.com/watch?v=FCUisapCzrc&list=PL3V>

A promotional image for a Stephen Colbert interview on the Late Show, similar to the one above, but with a dark background and a geometric pattern on the right side. The text "stephen colbert" is at the top, "#LateShowFYC" is in the middle, and "@ColbertLateShow @CBSTVstudit" is at the bottom.

58

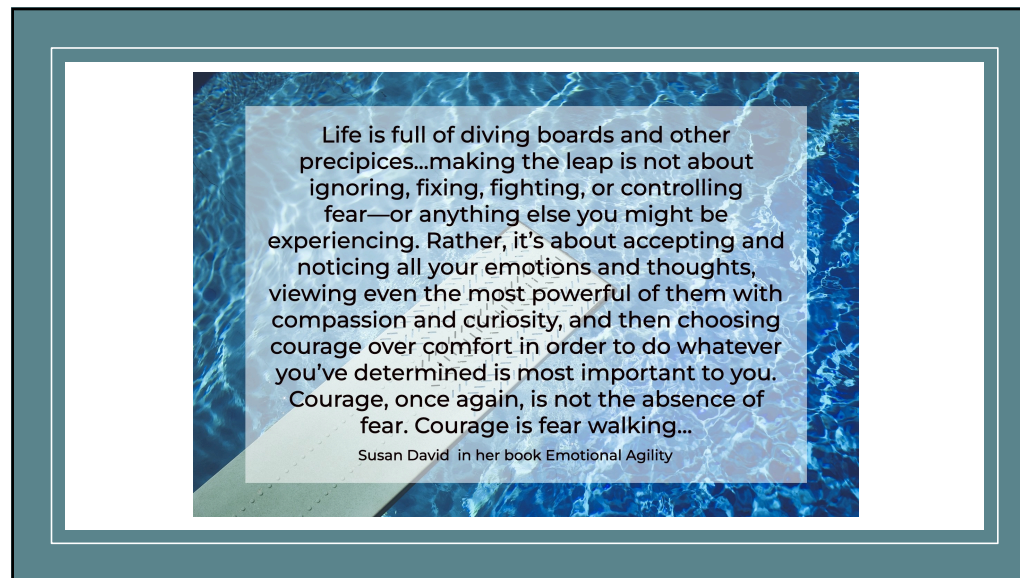


▶ Tell of a time when you were “in over your head” or terrified, or overwhelmed or “knew” you couldn’t do it—and someone came alongside and supported you, making it (just barely) possible to follow through

▶ What difference did it make to let someone in to help you?

**IT TAKES  
COURAGE**

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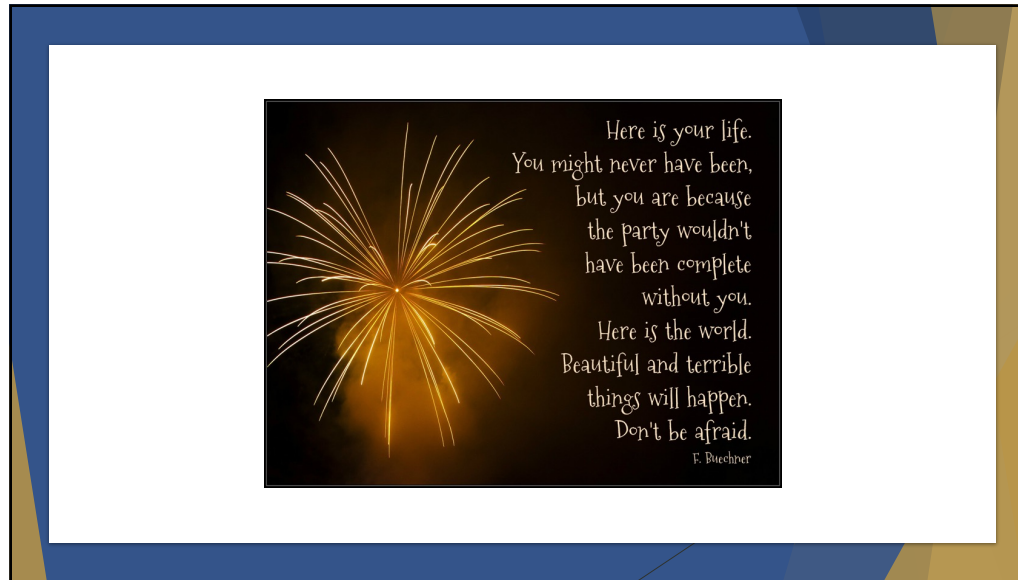


Life is full of diving boards and other precipices...making the leap is not about ignoring, fixing, fighting, or controlling fear—or anything else you might be experiencing. Rather, it’s about accepting and noticing all your emotions and thoughts, viewing even the most powerful of them with compassion and curiosity, and then choosing courage over comfort in order to do whatever you’ve determined is most important to you. Courage, once again, is not the absence of fear. Courage is fear walking...

Susan David in her book Emotional Agility

60





61



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