

# Exploring your courage

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Lean Agile US 2020



# Expectations and rules

**So what is courage?**

# Exercise: What is courage

What do you think courage and/or being brave is?

# What does Courage and Brave mean?

- \* **Noun**

1. the quality of mind or spirit that enables a person to face difficulty, danger, pain, etc., without fear; bravery.
2. Obsolete . the heart as the source of emotion.

- \* **Idioms**

3. have the courage of one's convictions, to act in accordance with one's beliefs, especially in spite of criticism.

- \* Source: [dictionary.com](http://dictionary.com)

- \* **Brave**

- \* Possesing or exhibiting courage or courageous endurance

# What is my definition?

Being brave is not about removing fear or not being afraid – it is about doing what is necessary even when you are afraid.



Show your heart

Be vulnerable

Stand up for what you believe in



# Remember!

- \* There is no such thing as a little bravery
- \* What you perceive from the outside is not the same as the things going on in the inside

# Exercise: Capacity for courage

- \* What was a brave thing you did? Why was it brave?  
(pairs)
  - \* where you were afraid,
  - \* where you spoke your heart

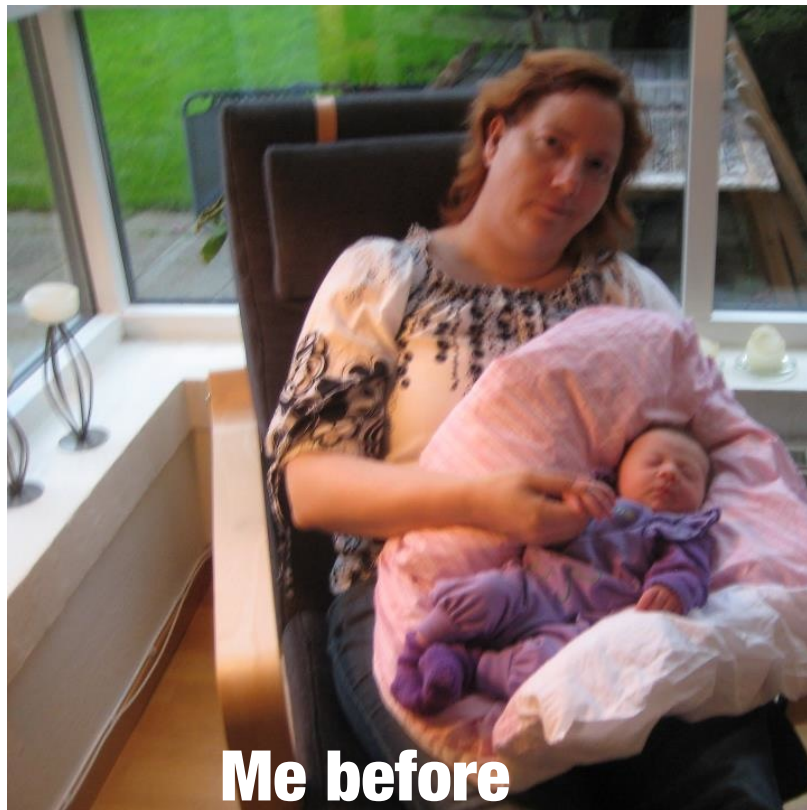


**So why bother?**

# Personal and professional

\* Whats in it for me?

# Changing



**Me before**

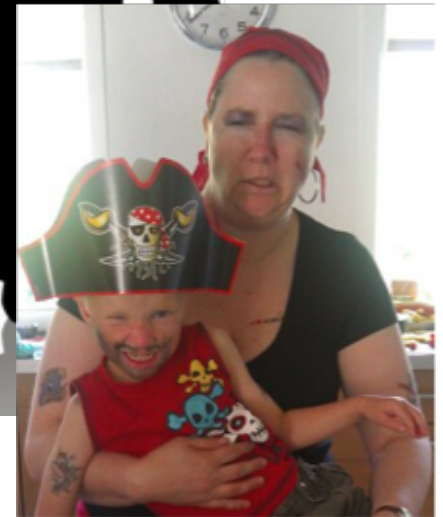
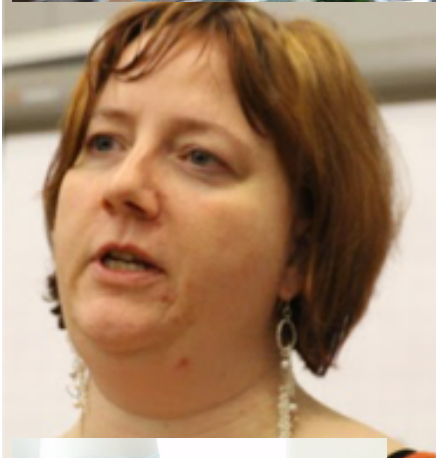
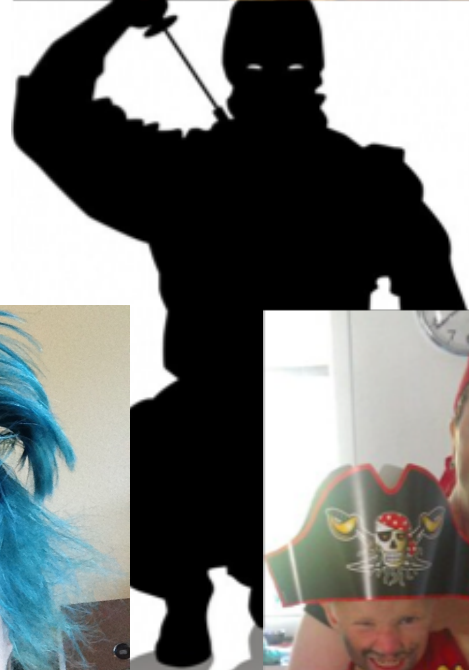


**Me now**

# Gitte



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# Exercise: The invisible you

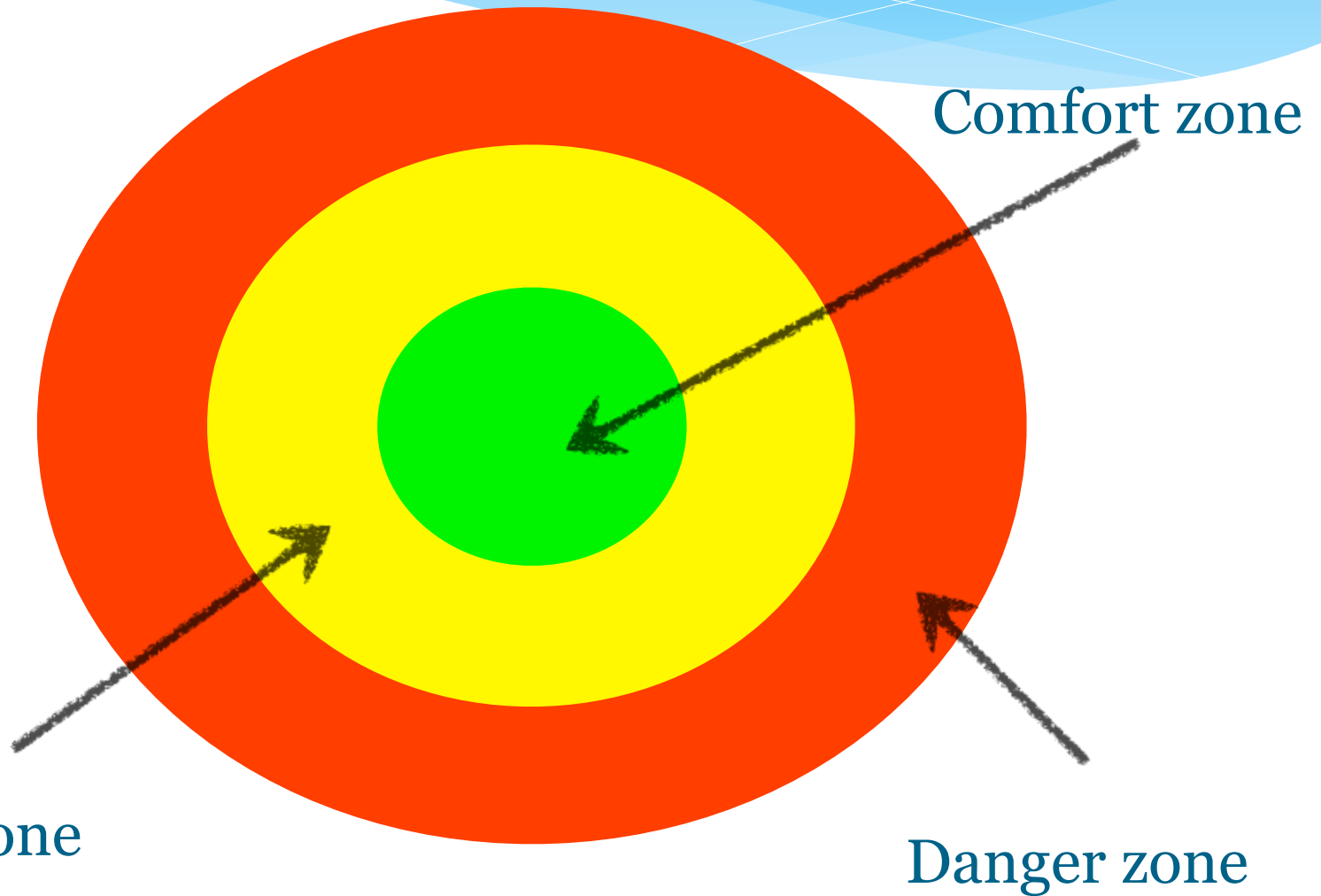
- \* what is a side of you that you do not show because you are afraid what others would say? (and in which context)

# Tactics for being brave

# Basics

- \* Baby step
  - \* What is the smallest step you can possibly take?
- \* Safe environment
  - \* Where can you try this out
- \* Buddy
  - \* Find a friend to help you
- \* Write it down

# Comfort zone





# It is like running

- \* Performance in running
  - \* Exercise
  - \* Rest
  - \* Nutrition

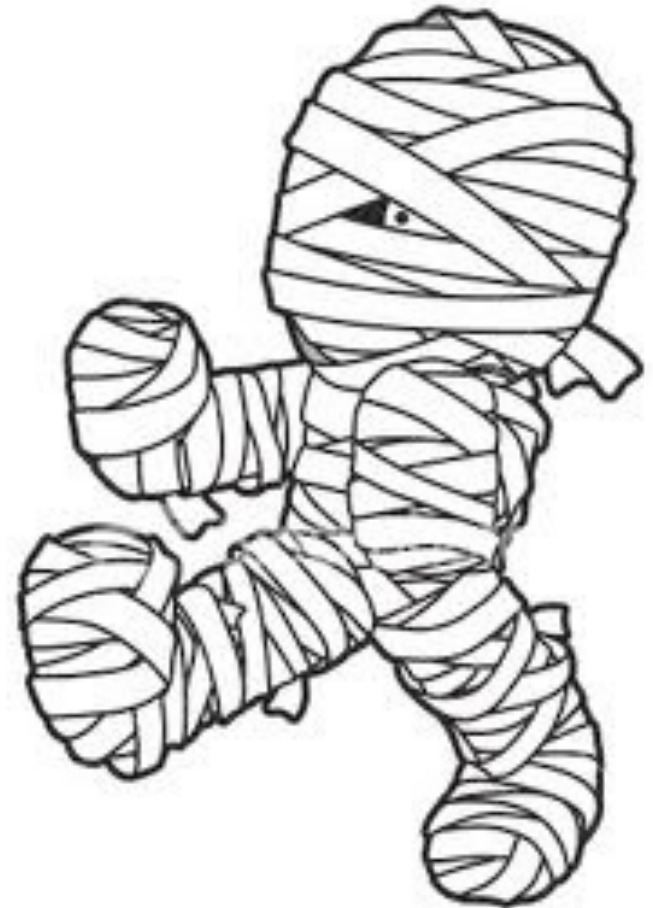


# Challenge

Courage card:

- \* Find one small thing that you could do the next week. Write it down on a piece of paper/card, so you can have it in your pocket
- \* It is your choice if you choose to share it with the group, a buddy or keep it to your self

Wrapup



# I love connecting :)

Feel free to contact me:

XING



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**Linked in**

<http://www.nativewired.com/blog/>

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# Links and books

- \* Book: Brene Brown: "I thought it was just me, but it isn't"

- \* TED talk:

[https://www.ted.com/talks/brene\\_brown\\_on\\_vulnerability](https://www.ted.com/talks/brene_brown_on_vulnerability)

# Learning goals

- \* Courage is not about being without fear, but acting despite fear
- \* Remember to go back in your comfort zone
- \* Courage is individual
- \* Even a tiny step is enough
- \* Failing is an option – and an opportunity for learning.