

# Being Courageous

This course helps you understand what 'being courageous' means to you, so you can define courage in terms meaningful to you, rather than at the judgement of others, and take courageous steps - rather than leaps of faith - in a manner that allows you to succeed rather than risk failure.

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## General

Do you ever get told 'you're very brave' when you don't feel it? Courage means different things to different people and is viewed differently in different countries. Work out what it means for you so you can start to push your boundaries without pushing yourself over the edge!

## Resources and Activities

### forum: Announcements

General news and announcements

Link: [Announcements](#)

# What is Courage?

Doing something different, like changing jobs, starting a business, or engaging with a community in a project can be an emotional rollercoaster, and while you will get through the experience, no matter what, this section aims to help you remain confident in what you are doing, and gain a better understanding of who you are, and of who you are going to be in the future.

Why do we require Courage? Because

- it takes courage to do something rather than just talk about doing it;
- it takes courage to step outside your comfort zone to do something different;
- it takes courage to speak up about an issue and then to tackle that issue in a new way; and
- it takes courage to reach out and to try different things.

Community projects in particular are an opportunity for you to take hold of an issue that excites your passion, to invent a way forward that resolves the issue, and to pursue the way in the company of others who share your energy and your vision.

All projects, but community projects in particular, will challenge your resolve, your motivation, your stamina, your courage, your teamwork, and your leadership.

Kid President gives us this short pep talk; which helps set the context:

Playing time: 3.28

[watch](#)

So, what does it mean to be courageous? Being courageous isn't simply doing something you are scared of. That is a certain type of courage, and while you may find you need some of that type of courage during your worklife, hopefully such situations won't arise often.

Kylie Lewis is someone who used to have a full-time successful job in marketing but then took the 'leap' to leave her job and start up her own company. Here she talks about what Courage is to her, and may introduce you to new ideas about Courage in a work context you haven't considered before:

Playing time: 5.03

[watch](#)

## ACTIVITY:

Start by thinking about what Courage means to you? How would you define it? Equally, what is it not? Post your ideas in the [defining courage](#) forum for others to consider and discuss with you. There is no right answer here so don't worry about saying the wrong thing!

## Resources and Activities

## forum: Defining Courage

Start by thinking about what Courage means to you? How would you define it? Equally, what is it not?

Post your ideas in the forum for others to consider and discuss with you. There is no right answer here so don't worry about saying the wrong thing!

**Link:** [Defining Courage](#)

# Internal Courage

The usual vision of courage linked to being strong and overcoming fears is today challenged by a number of people who see courage as a form of leadership.

These people propose that courage is more aligned with being authentic and it involves caring about the people around you.

Ralph Waldo Emerson inspired the thinking behind this next video. This is a very challenging video (and is quite long) and has so much in it that you may need to watch it more than once! This video should help you formulate your ideas for your life in terms of who you want to be, how to set SMART goals, and when to make your leap from the nest to learn how to fly – and you will fly before you hit the ground! For the presenter of the video, making animated books is one of his own work life choices.

Playing time: 16.41

[watch](#)

## ACTIVITY:

Go back to your definition of courage and consider: Where is the –ownership– of courage in your definition? Is courage represented internally (within you) or externally to you (through what others see)? Try to find some images that represent the internal element of courage to you. Assemble these images in a page, a collage, or arranged in a mind map. Post them in the [Internal Courage Wiki](#) to share your thoughts, and see how others are internalising courage also.

## Resources and Activities

### wiki: Internal Courage Wiki

Post your collage/mindmap/images of Internal Courage here to help others see how you can internalise courage.

Link: [Internal Courage Wiki](#)

# External Courage

Simon Sinek (a leadership guru) talks about courage being externally represented in terms of how it is seen and appreciated by others.

The idea of leadership as courage and success is discussed by Simon Sinek, who responds to an interview this in this next video. The video is quite a long video and is focussed initially on leadership but it is titled "How to get more courage"! Be prepared for 30 stimulating minutes as the interview explores a sequence of important ideas.

Simon Sinek talks about each team member being a leader, because good leaders create camaraderie; that sense of group unity whereby each person is looking out for the person on the right and person on the left. And so, by taking responsibility for helping each other, every member of the group becomes a leader.

Although this interview is long, Bryan Elliott, the interviewer in this video, asks many of the questions that we would probably want to ask of ourselves:

Playing time: 32.41

[watch](#)

This next video looks at stories and how they give a representation that can hook people in feeling for the characters of the stories, but don't necessary lead us to action.

Playing time: 12.46

[watch](#)

The key thing to take from this video, is that you need to do more than sympathise or empathise with a storyteller in order to be courageous, you actually need to do something.

## ACTIVITY:

Go back to your definition of courage again and consider how it will appear to others. Try to find some images that represent the external demonstration of courage to you. Again, arrange these images on a page, as a collage, or in a mind map and post in the [External Courage Wiki](#).

## Resources and Activities

**wiki: External Courage Wiki**

Post your images here that represent your external view of courage - ie what you think Courage looks like in the world.





# Measuring Courage

If you measure courage purely by external factors – such as by beating the odds – then it means that if you lose your courage, if you give up on your quest, if you fail – in your attempt, then you can blame the result on external factors. Someone else, something else, is responsible for the failure that caught up to you.

On the other hand, if you place courage internally – as a matter of willpower, drive, spirit, inner motivation – then giving up, or losing courage, or failing becomes a decision that you make by yourself. Failure's finger of blame, then, can only point at you, as responsibility lies nowhere outside of yourself.

Playing time: 5.09

[watch](#)

So where will you find this courage? In this next video Morgan Freeman is wishing someone had told him a message when he was young. The message challenges you to find your courage inside yourself and to apply it externally: find a Quest.

Now that you have considered the Courage element, we need to consider the Quest element. The video challenges you to find a quest that will make you want to get out of bed in the morning –

Playing time: 10.22

[watch](#)

## ACTIVITY:

Now go back and look at your original definition of Courage you posted in the forum and the images you have collected in the last two activities; as you consider the words and images, think about the messaging in this last video. Rewrite your definition of courage so that it has meaning to you in terms of undertaking Courage Quests in your life. Write a copy of it on a note you can post on your bedroom wall as a constant reminder to yourself. Post your final definition, that you are happy with, with a final image to represent it in the [Courage Defined](#) Wiki.

## Resources and Activities

### wiki: Courage Defined

Post here your final definition of Courage with an image that represents your definition.

Link: [Courage Defined](#)

# Courageous Collaborations

One of the most important messages from the last video is this:

If there is no joy in your life, and you dread waking up in the morning, then you need to stop living the life you are living and make a decision – to do something different.

Community projects can be designed to support you in doing something different – but it won't be easy! Along the journey you will find your answer to the question that's asked in the film:

'What do you do when there are thousands of other people that want what you want?'

The answer is that you reach out to these others and bring them onboard, because together you can achieve more, and more easily, than you will achieve separately or while in competition with each other.



Photo by Randy Fath on Unsplash

## ACTIVITY:

Outline 3 or 4 Community project ideas that you think you might want to tackle during your work life.

You don't have to do them all. You don't have to start them all now – you have time. Keep the list in your portfolio and you can go back and add to it or change it at any time as new ideas come to you.

Post one of your ideas in [Ideas Chat](#) to see if anyone else is interested in any of the issues that you are considering, and if you can't find anything, put up a second post to see if anyone else is interested in joining the issue that you want to tackle. Keep going until you find people who want to work on a

similar project in your workplace and form a company team to tackle the project. Hopefully you will get the support of your employer to give you time to do the project during work hours as well as outside of them.

## Resources and Activities

### forum: Ideas Chat

Place your ideas here for project themes and see who else is interested in your area to form a team. You might also find other people have posted about ideas you would like to get involved in so let them know. Remember you will achieve more together than in competition.

**Link:** [Ideas Chat](#)

## Additional Readings

Here are some additional readings that you might be interested in. They're not compulsory reading and there are no activities - just for those of you who want to dig a bit deeper.

## Co-Creation Space

If you have any ideas or come across any resources you'd like to share with others or have us consider putting in the curriculum at our next review, please upload them here. Thank you for sharing! Use the [co-creation space](#) wiki below.

## Resources and Activities

### wiki: Co-Creation Space

Please upload any ideas or resources you'd like to share with others and have considered for inclusion in the curriculum at next review.

**Link:** [Co-Creation Space](#)

## Finished?

If you've completed all the activities in this section and want to submit them for review for a certificate, press the submit for review button. If you want to redo any of them first, no problem - it is up to you when you submit.

## Resources and Activities

### Completion Review

Once you have completed the Being Courageous course, you can request a review to your facilitator [here](#).

### Claim your certificate

Link: [Claim your certificate](#)