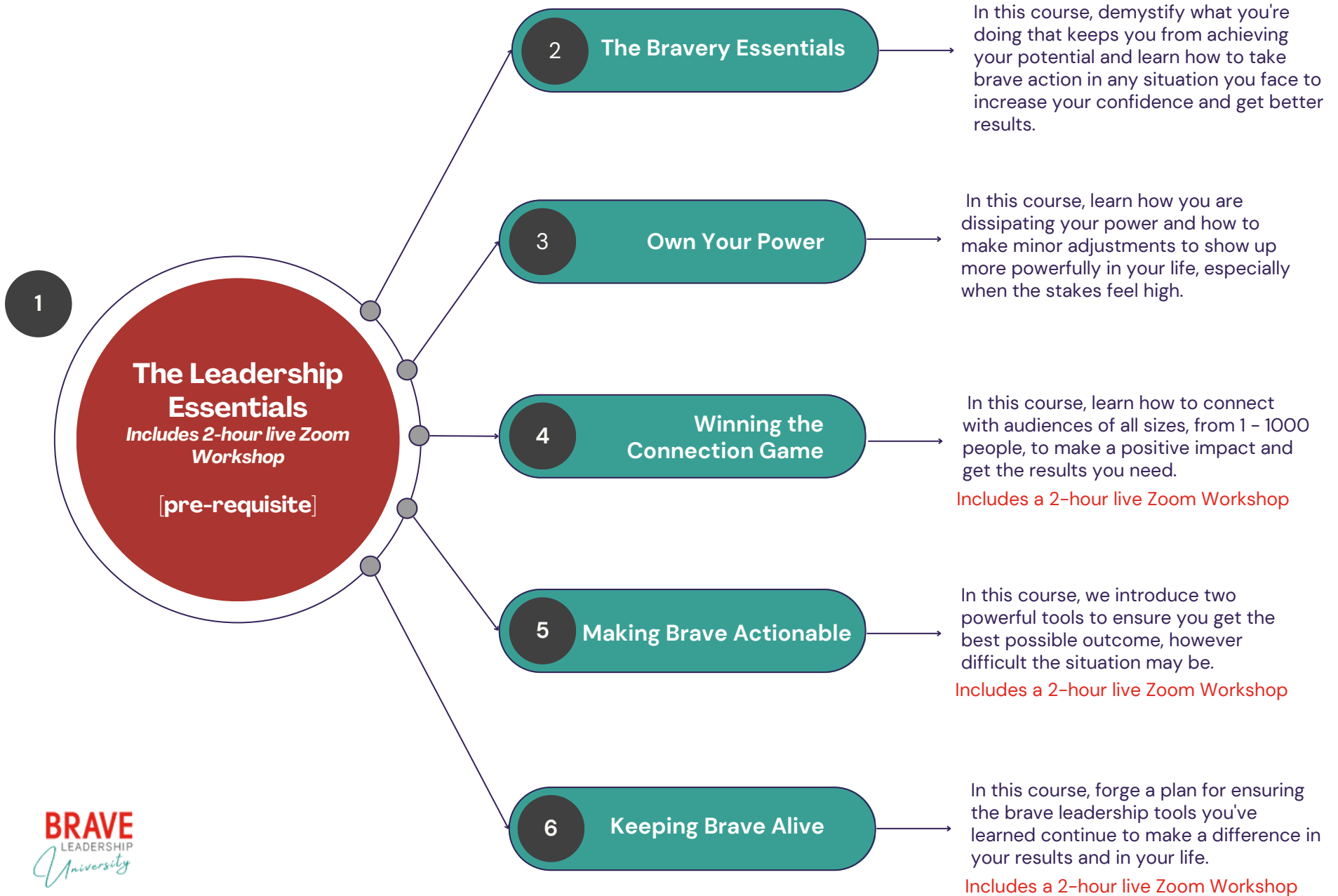


SUGGESTED ORDER



The Leadership Essentials

This course includes a 2-hour live Zoom

Description: There are those who, even in the toughest of circumstances, can count on themselves to not just get through it, but to rise to the top. They understand how to influence the people around them. They feel energized and purposeful. Confident. They are the people who don't just wish and hope to make an impact and drive powerful results, they are the ones who are actively doing it. Being a supervisor or manager or a director or vice president — those are just titles. Our organizations and communities need LEADERS. Uncover how to become a leader people WANT to follow, not HAVE to follow. **This course is the foundation and pre-requisite for all other Brave Leadership University courses.**

Outcomes:

- Gain clarity about your purpose so you can feel more satisfied while improving your results
- Develop the ability to influence those around you
- Understand how to authentically connect with people both up and down the ladder
- Understand how to keep yourself and others engaged at work
- Feel more confident, courageous, satisfied, and purposeful

The Bravery Essentials

Description: Why do some people seem more courageous than others? What is the secret to stepping outside your comfort-zone and taking brave action? In this course, demystify what you're doing that keeps you from achieving your potential and learn how to take brave action in any situation you face.

Outcomes:

- Identify natural strengths and talents that you may have forgotten
- Understand how your body physiologically responds to heightened emotions and how to keep them from hijacking your results
- Uncover the power of "focus of attention" so you can show up more powerfully in every situation
- Learn how to leverage purpose to be more courageous

Own Your Power

Description: What is keeping you from being as powerful as you can be? How can you show up more powerfully in every situation you face? In this course, learn how you are dissipating your power and how to make minor adjustments to show up more powerfully in your life, especially when the stakes feel high.

Outcomes:

- Learn what we mean by "authentic power" and discover the foundation of confidence
- Discover how to escape paralyzing fear, overwhelm and frustration and learn to manage stress and anxiety.
- Understand the key to presence and how to bring it in every situation you face
- Explore when "masking" serves you and when it doesn't and why so you can make better choices and authentically connect with others

Winning the Connection Game

This course includes a 2-hour live Zoom

Description: To get powerful results, connection is not a nice-to-have, it's a have-to-have. In this course, learn how to connect with audiences of all sizes, from 1 - 1000 people, to make a positive impact and get the results you need.

Following the asynchronous portion of the course, participate in a live Zoom workshop to practice what you've learned and get coaching to strengthen your confidence and your abilities.

Outcomes:

- Learn how to use "healthy vulnerability" to forge true connection with others
- Learn how to craft a powerful story for maximum impact, to connect more powerfully and win the hearts and minds of those you need to lead and influence.
- Learn how to present to audiences of all sizes with ease and grace

Making Brave Actionable

This course includes a 2-hour live Zoom

Description: Consistent, positive results are a byproduct of practice. In this course, we introduce two powerful tools to ensure you get the best possible outcome, however difficult the situation may be.

Following the asynchronous portion of the course, participate in a live Zoom workshop to practice the tools and set yourself up for success.

Outcomes:

- Learn how to prepare for high stakes meetings and conversations for greater success
- Discover how to navigate challenging, uncomfortable conversations and get a positive outcome.
- Understand the key to getting consistently good results and how to maximize the way you prepare so you can feel more confident going into whatever situations you face.

Keeping Brave Alive

This course includes a 2-hour live Zoom

Description: Brave Leadership doesn't happen by accident, it requires as much strategy as any business endeavor. In this course, forge a plan for ensuring the brave leadership tools you've learned continue to make a difference in your results and in your life.

Outcomes:

- Learn how to map your goals to your purpose (your Super Objective) to maintain a high level of engagement, to ensure people experience you as authentic, and to continue to achieve your potential and the best possible results.
- Develop a clear plan to sustain your "brave leadership" skills
- Target specific actions you can take to make a positive impact on your culture
- Dare to tackle the question around "legacy," to put yourself in the driver's seat of your future and shape the lasting ripple-effect of your actions.