

Topic: Courage
Raw format: Activity
Code: Courage_activity_3_setting levels of courage
Title: Setting levels of courage
Associated uses: Analysis , Assessment/self-assessment, Discussion trigger, Exercise, Introduction to topic, Personal profiler data sheet, Self-awareness exercise, Team-building activity, Warm-up exercise
Associated words: Bravery, Daring, Mettle, Valour, Heart, Guts, Stamina, Tenacity, Pluck, Fearlessness, Perseverance, Grit, Gumption, Stoutness, Gall, Backbone, Dauntless, Intrepid, Spunk, Fibre, Boldness, Audacity, Temerity, Determination, Nerve, Endurance, Resolution.
Public: Project managers, Managers, Directors, Entrepreneurs, Leaders, Masters+ university students
Price: €2.95 - £2.64 - \$4.30
GBP and USD equivalents are from current Euro exchange rates.
Check latest rates at www.xe.com

Setting levels of courage

- Look at the list of situations (and elicit ideas/situations from learners to add to the list).
- Give a score from 1 – 5 (5 being highest) to indicate the degree of courage you would require to rise to the challenge.
- Indicate why you have given your score under each situation.
- Gather scores and discuss.
- Identify any common points, shared opinions, “rules”.
- Identify any common difficult challenges and brainstorm solutions/strategies.

What degree of courage would you require to:

1. Tell a boss to stop teasing/harassing a colleague. [1] [2] [3] [4] [5]

Why:

2. Take on a task that you have never done before. [1] [2] [3] [4] [5]

Why:

3. Disagree with a colleague/boss/supplier and risk losing their support and friendship.
[1] [2] [3] [4] [5]

Why:

4. Refuse to undertake a task because you know it will have a harmful/negative effect on people. [1] [2] [3] [4] [5]

Why:

