

Topic:	Courage
Raw format:	Activity
Code:	Courage_activity_6_courage to be vulnerable
Title:	Courage to be vulnerable
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
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Courage to be vulnerable

1. (Individual or group work) Have learners/trainees position themselves in a circle, sitting down.
2. Ask each trainee to introduce him/herself and give a brief description of who they are and what they do.
3. As a trainer/coach, listen carefully for anyone who goes further in their presentation by speaking about their hobbies, family, interests, hopes, fears, etc.
4. After all the trainees have introduced themselves, bring their attention to the fact that some of them opened up more and gave more intimate information than the rest. Ask them why that is.
5. Explain that the initial introductions were just a warm up for something tougher. Now write up on the flipchart/board and explain the following activity. Each person will have to stand up and talk for two minutes about either:
 - something humiliating that happened to them
 - a project/undertaking that went disastrously wrong

- a personal professional failure
 - something they did that they are ashamed of
 - an event in which their courage failed them.
6. Call for a volunteer to stand up (an act of courage in itself!), choose one of the themes and speak for two minutes on the subject.
 7. When the volunteer has finished, encourage applause and highlight the fact that the activity in itself is proof of a certain degree of courage.
 8. Ask for points of view on the volunteer's experience. As a trainer/coach be attentive to any good humour, empathy and helpful suggestions that occur. Bring the trainees' attention to them.
 9. Ask for further volunteers and repeat the process.
 10. Finally, ask trainees to draw conclusions from the activity:
 - What initial emotions did they feel when they had to stand up and speak or listen to others speak?
 - How did these emotions change as the discussions progressed?
 - What overall feeling/atmosphere came over the group during the activity?
 - In what ways was proof of courage shown?
 - In what light do the experiences talked about now show themselves?
 - What qualities, tips or behaviours would they assign to courage?

Notes/Action:

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