

<b>Topic:</b>	<b>Courage</b>
<b>Raw format:</b>	<b>Activity</b>
<b>Code:</b>	Courage_activity_7_courage dares
<b>Title:</b>	<b>Courage dares</b>
<b>Associated uses:</b>	Analysis , Assessment/self-assessment, Discussion trigger, Exercise, Introduction to topic, Personal profiler data sheet, Self-awareness exercise, Team-building activity, Warm-up exercise
<b>Associated words:</b>	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.
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## Courage dares

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. Now hand out a sheet of paper to each trainee. On this sheet, trainees should note down a series of “dares” along the following guidelines. (Emphasise that there are certain rules to respect – no violence, no vulgarities, no unsociable behaviour, no verbal aggression).
  - something to sing

- something to act (a sketch, emotion, work situation, etc.)
  - something to say (about a personal fear, professional failure, etc.)
  - something to do (ex: stand on one leg, mime something, stare at someone, etc.)
  - something to draw (ex: themselves, a famous painting, one of the other trainees, etc.)
6. Once finished, fold the pieces of paper and put all the dares into a box. Ask for a volunteer (courage in itself!) to pick a dare from the box.
7. Ask the volunteer to read out the dare. *And then do it.* If someone refuses, then offer the chance to pick another dare from the box, but *do not* bring attention to this refusal (the refusal in itself is good learning material for later). If a person continues to refuse, then invite the person to sit back down and reassure the person.
8. After all the trainees have dared trigger a discussion. Ask trainees to draw conclusions from the activity.
- What initial emotions did they feel when they had to stand up and carry out the dare?
  - What does the fact of “daring to do” tell us about our attitude and beliefs behind the decision to do it?
  - What do any “refusals” tell us about the reasons behind not acting? How can these be worked on and to what extent is it necessary/worth working on them?
  - What overall feeling/atmosphere came over the group during the activity?
  - In what ways was proof of courage shown?
  - What concluding qualities, tips or behaviours would they assign to courage?

**Notes/Action:**

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