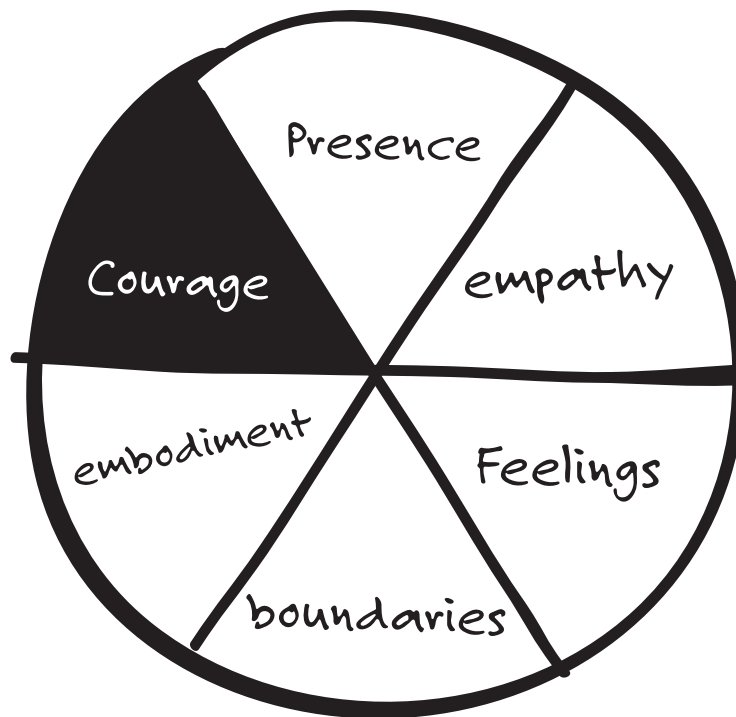


## Deepening Your Impact

# COURAGE



### Cultivating Our Courage

Courage requires the willingness to face up to your inner fears and long-held habitual ways of being. To do your best work as a coach, you must confront your own fears to be of service to your clients. To meet leaders where they need you most—and to reach new horizons with your clients—requires you to be courageous.

**What We'll Cover** 1: Our Courage Creates an Invitation 2: Learning to Rock the Boat 3: Insights for Action Planning

# 1: Our Courage Creates an Invitation

Use courage as an access point to create the conditions for change to unfold.

Courage grows in the choices you make and the actions you undertake every day. What is demanded of you as a coach to engage in courageous acts in your work is deeply personal.

How might you combine courage with heart to strengthen your work as coach or leader?

How have you cultivated your courage thus far in your work as a leader or a coach?

If growing your courage is a development edge for you right now, how could you identify the easiest ways to exercise a bit more courage? At work? At home? In your coaching? Set a goal or two and track (and support!) your growth.

## 2: Learning to Rock the Boat

**Each day, we make choices to honor fear and lethargy or to choose courage.**

Fear tells us to stay small and cautious and lethargy tells us to stay in our comfort zone and settle for good enough.

**How does fear show up in your work as a coach or leader?**

**It takes courage to say “no” to the things you need to say no to in setting boundaries, and courage to say “yes” to things that seem risky or difficult.**

**What do you need the courage to say “no” to and what do you need to say “yes” to?**

**Are you able to observe signs of lethargy in your work? Do you notice any familiar triggers to settling and staying in your old comfort zone?**

# 3: Insights for Action Planning

## Holistic Professional Development

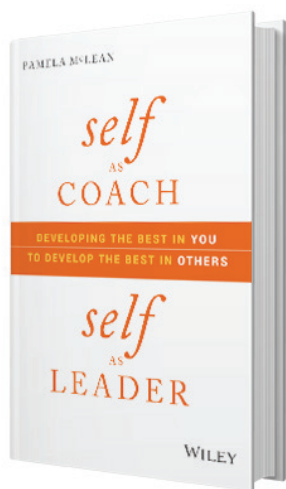
As you are reading, reflecting on the “Out in Your World” questions, and completing the Coach’s Worksheets, begin to think of how you can leverage your whole, cultivated self to affect change in your future work.

**What is one key insight you can take forward about courage to grow your capacity?**

**How might increasing your courage help you do your best work towards affecting change as a coach or leader?**

**What is one small thing you could do to become a more courageous coach?**

# More About Our Work at Hudson



## Buy the Book

For more details or to buy a copy of Pamela McLean's *Self as Coach, Self as Leader* [click here](#).

## About the Author

Pamela McLean, PhD, is the CEO and cofounder of Hudson Institute of Coaching, an organization providing a full suite of coaching services inside organizations and widely known as one of the leading coach training programs in the United States for over 30 years. McLean brings more than three decades of experience as a clinical and organizational psychologist, a master coach, coach supervisor, and leader and contributor in the field of coaching. McLean has written extensively and authored [The Completely Revised Handbook of Coaching](#) (2012) and [LifeForward: Charting the Journey Ahead](#). (2015).



## About The Hudson Institute of Coaching

One of the early leaders in the field of coaching, [Hudson Institute of Coaching](#) has been providing developmentally based coach training for leaders for more than 30 years. We set the standard for experiential learning programs that lead organizations and people to reach for their best as leaders and human beings in our global world.

## Download The Coach's Worksheets

More Self as Coach, Self as Leader worksheets are available at [SelfasCoach.com](#).

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