

# Be Courageous

Do you ever feel like you don't have sufficient tools in your toolbox to express your opinion in a confident and assertive way? Are you able to overcome your fears and step forward in a courageous way? Identify frameworks you can implement to overcome fear by building your protective frame. Draw on the Three Buckets of Courage so that you don't avoid exercising your courage zone and begin to adopt courageous behaviours using the VALUE and SOLER techniques.

[Click here](#) to access the video overview.

## Snapshot

Duration: 90 minute

## Learning Outcomes

- Practice the 5 courageous leadership principles
- Create a protective frame to build confidence and manage anxieties
- Apply effective communication techniques to interact with others

## Course Outline

- Speaking of courage
- Fear 101
- Courage 101
- The Three Buckets of Courage
- The courageous leadership profile
- Encouragement: Fillers and Spillers