



Premise #1

COURAGE is a choice we make in moments of decision to be true to who we believe ourselves to be.

Premise #2	
There are factors and forces that act on us	
to encourage or discourage our ability to act	
courageously.	
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Premise #3	
Sometimes we see the choice point from a	
long way off.	
Sometimes it comes upon us with no	
warning.	
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Premise #4	
Courage is a muscle.	
The more we exercise it the stronger it gets.	
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## Resources • "Endurance: Shackleton's Incredible Voyage," Alfred Lansing (1958). • "The Endurance," Caroline Alexander. (Photographs) • "Leading at the Edge," Dennis Perkins, et. al. • "Shackleton's Boat Journey: The Narrative from the Captain of the Endurance," Frank A. Worsley (1933). • Shackleton Museum, Dublin, Ireland. \*\*www.shackletonmuseum.com\*\*



















Table Talk
Instructions:
<ul> <li>Recall a time when you exhibited courageous leadership— physical, moral or intellectual. What factors contributed to your ability to act courageously?</li> </ul>
<ul> <li>What is a current, or future, opportunity for you to demonstrate courageous leadership? Which of the eight steps do you need to focus on to prepare yourself for courageous leadership?</li> </ul>
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