

# THE COURAGE LAB

*Where real leadership begins — with honesty, trust, and courageous action.*

Most leadership teams are technically capable — yet held back because of unspoken tensions, low trust, and conversations that never happen. The Courage Lab is a structured 4-week virtual programme that builds the conditions for genuine collaboration: trust that holds under pressure, honest dialogue, and accountability that sticks. So teams can move faster, work better, and lead with greater impact.

**4 Sessions   4 Weeks   2 hrs each   Virtual   10–20 Leaders   Co-Created Team Charter**

## THE JOURNEY

### 01 TRUST

You can't lead well without it — and most teams are running on less than they think. We surface what's really happening and build the foundation everything else stands on.

### 02 CONNECTION

Trust opens the door. Connection walks through it. We deepen the relational fabric so your team can navigate difficulty without losing each other.

### 03 COURAGEOUS CONVERSATIONS

The conversation your team keeps not having. We build the skills and the safety to say what needs to be said — directly, respectfully, and with impact.

### 04 SHARED ACCOUNTABILITY

Courage without follow-through is theatre. We close with commitments, a co-created Team Charter, and a clear path to sustaining what you've built.

## THE METHOD — AWARENESS · COMPASSION · COURAGE

### AWARENESS

Knowing yourself clearly enough to lead without hiding — at the personal, interpersonal, and systemic level.

### COMPASSION

Caring enough to be honest. Not softness for its own sake — but the will to stay in hard conversations.

### COURAGE

Saying what needs to be said. Doing what you know is right. Accountability without blame.

*“Teams move at the speed of trust, and without it collaboration becomes slow and political.*

*Awareness, Compassion, and Courage are the human skills that make trust — and leadership — real.”*

## BRING THE COURAGE LAB TO YOUR TEAM

I work with senior leaders and leadership teams who want to lead with purpose, make intentional choices, and find the courage to show up as whole human beings.

**DM to discuss bringing “The Courage Lab” to your team** 🙌

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