

5 day Challenge - COURAGE

Day 1 – IT IS COURAGEOUS TO BE FRIENDLY TO YOUR DIFFICULT COLLEAGUE OR YOUR ANNOYING BOSS

Try it out today:

Day 2 – IT IS COURAGEOUS TO FEEL AND SHOW YOUR WEAKNESS, TO HAVE NO ANSWER

In your professional context, how can you show uncertainty, have no answer to a question:

Day 3 – IT IS COURAGEOUS TO SPEAK OUT WHEN SOMETHING REALLY IS WRONG

Where are the issues that are not as they should be in your organisation, and who should you talk to about them? Do it today.

Day 4 – IT IS COURAGEOUS TO SAY NO

If today someone wants something from you that is too much for you, that might mean you do far too much overtime, or that might not be part of your job, then you can say no.

Day 5 – IT IS COURAGEOUS TO FOLLOW YOUR OWN PATH

Find your very own courageous act today!
