**Failure Is Not An Option; 20 Seconds to Be Brave**

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* *“You know, sometimes all you need is 20 seconds of insane courage. Just literally 20 seconds of just embarrassing bravery. And I promise you, something great will come of it.” Benjamin Mee:*[*We Bought A Zoo*](http://www.amazon.com/We-Bought-Zoo-Amazing-Animals/dp/1602860483%3FSubscriptionId%3D0G81C5DAZ03ZR9WH9X82%26tag%3Dzemanta-20%26linkCode%3Dxm2%26camp%3D2025%26creative%3D165953%26creativeASIN%3D1602860483)
* *“Courage is being scared to death, but saddling up anyway” – John Wayne*
* **How does courage effect your stress levels?**
* **How much courage does it take to rewire your brain with your thoughts?**
* **Science explains what happens to someone’s brain from complaining every day!**
* **Are we creating our negative behavior through repetition? Stop the cycle.**
  + Attention Seekers, Chronic Complainers, Low EQ Complainers

*“While courage is the force that causes you to act, insane courage is the necessary fuel for truly bold action” - We Bought a Zoo*

**Model Courage!**

Teams watch their leaders do the right thing are more likely to be motivated to do the same. The key is to express how good it feels when you conquer your fear instead of taking a shortcut. Express the gratification and experience of accomplishment.

**Emotional Fear, Is it Holding You Back?**  
Fear has a function: It’s a clue that maybe you shouldn’t be doing that thing or going down that alley. *What fear(s) are immobilizing you?*

*Fear has its purpose so why do we tell people to be fearless! What fears are either immobilizing you or holding you back?*

**Stop Fixing Everything!**

Always “fixing” department problems only makes people more dependent and reduces their ability to bravely seek their own solutions. It sends a disturbing message.

**FORGIVE For Your Own Health.**

Rosa Parks started a Civil Rights Movement just by being brave for 20 seconds….

And isn’t it interesting that we refer to it as “Movement”?

**Creating a Movement**: All movements start with a brief moment of courage

*What would you do with your 20 seconds of courage if fear wasn’t stopping you?  Identify the fears your teams may be facing? Write it down.*

**Identify what stress factors are your hot buttons?**

**2019 My Goals for handling stress include will be;**

“Courage is making the choice to do what you know is right even if you are afraid.” Some parents develop a family courage mantra such as, “We find courage to do what’s right, even if it’s hard” or “Our family speaks up and helps others.”