



"Courage is resistance to fear, mastery of fear - not absence of fear."

Mark Twain

COURAGE, CHARACTER & COMMITMENT

In our frenetically paced world of information and knowledge we have achieved significant progress in technology, science and medicine. Yet, we've had little advancement in the area of simply getting along as human beings. We purchase thousands of books and attend hundreds of workshops on leadership, management, self-improvement - all with the objective and desire to figure out *how* to lead successful lives.

To successfully lead ourselves and others requires we acknowledge leadership as a journey, a process of deepening our personal capacity to lead with Courage, Character and Commitment.

1. *Courage* is the quality of mind and spirit that allows us to face adversity and life's challenges with confidence. It is fortitude of spirit that is not necessarily about strength. It takes strength to win, but courage to surrender. It takes strength to support the status quo and courage to change it.
2. *Character* defines leaders' ability to act in accordance with the personal values, beliefs and "being" that comprise their individual uniqueness. Character is the internal compass that demands we stand on the foundation of our being. Leaders with character strength are leaders we trust.
3. *Commitment* requires conscious awareness of our values, obligations and purpose. Commitment is a state of mental, physical, emotional and spiritual connectedness to our responsibilities and outcomes. We can lose sight of these on our journey as we get caught up in the daily challenges of balancing tasks, relationships and the demands of stakeholders.

We know that Courage, Character and Commitment are a part of *what* we need to do as leaders; *how* to live these virtues is the truest challenge of leadership. The answers come when we deepen the questions we ask:

In what situations do you feel most vulnerable? When have your actions not been aligned with your values? Who is an individual you respect and admire? What character strengths do *they* demonstrate? What commitments have you made to improve the quality of life for yourself and those around you?

Begin your leadership journey today by a courageous commitment to find the answer to one question that will enhance your character and bring about the personal and organizational results you desire.

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