



FOLLOW UP NOTES-

COURAGE

1. Courage is for everyone. I really like that Pury de-mystifies courage by suggesting that it is not isolated to soldiers in battle or rock climbers or explorers. She frames her notion of “personal courage” in the most democratic way possible. Courage is undoubtedly appropriate to coaching since it is defined as “taking a worthwhile risk,” which is often explicitly what our clients discuss.

2. Coaches can help clients think through courage. Cyndi suggested we can "help people be wiser about understanding risk and which actions might be good Ideas." She provided a number of frameworks by which we might engage our clients in courage exploration. For instance, she equipped us with a vocabulary for understanding many types of courage: automatic, moral/social, psychological, physical, bad, and foolish. She also gave us some helpful approaches for having clients recognize their own histories of courage: avoiding the success bias, understanding personal versus general courage, and exploring its links with other concepts such as self-efficacy.

3. Courage as preparedness for taking risks. Here, Pury laid out a variety of intervention approaches, almost all of which are a fit for the kinds of explorations we use in coaching:

- Connecting with the importance of goals
- Clarifying goals
- Evaluating goals in the context of risk, our resources, and their worthwhileness
- Explore perceived risk
- Explore self-efficacy

4. What are we doing as coaches? Finally, she offered 3 questions that are worth considering: As a coach, is my goal to:

- A) Help my client accomplish their goal (i.e. Be brave)?
- B) Help my client see themselves as courageous?
- C) Explore my client’s courage with them?

I would argue that C is the best answer and that it might impact A and B.