

The Wellness Council of Wisconsin presents
YOUR STRENGTH

Creative Courage

Core Characteristics: Curious | Resourceful | Cultivating | Innovative



The Wellness Council of Wisconsin | www.wellnesscouncilwi.org

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Key Motivators

- You strive to create something new and innovative aligning wellbeing with culture even (or especially!) in ways that haven't been done before
- You aim to develop a culture of wellbeing by investing your time in cultivating leadership commitment and collaboration amongst stakeholders
- You are energized by "thinking outside of the box," asking questions, and exploring what's possible
- You seek out new and interesting ideas and you're an early-adopter in experimenting at your organization
- You intentionally upskill yourself and invest in your development to better lead your wellbeing strategy

Build on your Strength

Join WCWI's live, virtual 30th Annual Conference

Wednesday October, 28 - Thursday October, 29

We've curated a learning track just for you! We invite you to experiment, reframe and journey through creating a healthy and happy workplace.

Check out our creative courage learning sessions:

- Curiosity Thrilled the Cat | *Donna Pahel*
- Be a Better Leader with Positive Psychology | *Beth Ridley*
- Courageous Leadership for Wellbeing: Your Impact & Influence | *Rebecca Johnson*
- Participate in WCWI's 3-part Courage Connection series to reflect and share with other wellbeing professionals statewide. (Available to WCWI Member conference attendees.)

"Nothing in life is to be feared. It is only to be understood."

— Marie Curie

Those who are strong in creative courage

have the mindset of curiosity to be imaginative, resourceful, and to think critically in the pursuit of uniting wellbeing as a strategic priority across the employee experience. They lead with the intention to be resourceful problem-solvers, to revolutionize their work, and to ultimately enrich the value proposition for wellbeing. Creatively courageous individuals are proactive instead of reactive.

When wellbeing professionals successfully channel their creative courage,

they are driven to broaden their skillset and embrace a growth mindset. They have a willingness to engage with challenging ideas, to question thinking, and to risk making mistakes. They openly accept challenges even if it contradicts previously held beliefs or teachings. They endeavor to collaborate with their leaders to connect their ideas to wider organizational strategy and gain commitment and alignment. They naturally challenge conventional problem-solving, yet will offer an inventive alternative.

Courage Needs Practice!

- Encourage your team and leaders to take WCWI's Courage Assessment. The collective impact of a courageous team is the foundation for establishing wellbeing as a strategic priority.
- Among your team, share your strength, core characteristics, and key motivators. How can you leverage your team's collective courage?
- The more you use your courage, the stronger it grows. Center yourself in your curiosity and question the norm to lean into your creative courage each day.

