

The Wellness Council of Wisconsin presents
YOUR STRENGTH

Moral Courage

Core Characteristics: Values-Driven | Empathetic | Purposeful | Strategic



The Wellness Council of Wisconsin | www.wellnesscouncilwi.org

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Key Motivators

- You request to make changes at work to align more with your personal values
- You strive to practice your organization's values daily in your own actions, behaviors, and work
- You believe that making the connection between your organization's core values and the wellbeing strategy is of ultimate importance and not just a nice-to-have
- Care and compassion for the whole person are vital values for leaders to uphold in order to drive impactful wellbeing support
- Leadership is part of your role, whether or not it's officially in your title or job description

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 identify shared values and create an empathetic workplace where wellbeing holds deep strategic value.

Check out our *moral courage* conference sessions:

- It Is All Our Lane: Bringing Values and Data to Bear on Creating a Healthier World | *Sandro Galea*
- Demonstrating Care Throughout the Employee Lifecycle | *Molly Heisterkamp*
- Get Real: Uncovering Your Values-Based Organization | *Shawn Gulyas*
- Participate in WCWI's 3-part Post-Conference series to reflect and share with other wellbeing professionals statewide. (Available to WCWI Member conference attendees.)

"We can only be said to be alive in those moments when our hearts are conscious of our treasures."

— Thornton Wilder

Those who are strong in moral courage

identify their personal values and align them across their organization's values. When displaying moral courage, they strive to help others find purpose and fulfillment and they seek leadership that holds the same standard. Moral courage is embodied as defending shared values to create a thriving workplace where everyone feels a sense of belonging. Strong moral courage sets the tone for doing the right thing for the betterment of all people and serves as a compass for moving through the employee experience.

When wellbeing professionals successfully channel their moral courage,

they enter all interactions with care and empathy and look to integrate intrinsic human motivations in organizational strategy. They thrive in purpose and hold themselves accountable to bring their whole self to work, and to ensuring that others can do the same. They acknowledge the many layers to people-focused wellbeing and they are values-based decision makers, guided by doing what is best for their people above all.

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 values to lean into your moral courage each day.

