

The Wellness Council of Wisconsin presents
YOUR STRENGTH

Physical Courage

Core Characteristics: Resilient | Positive | Mindful | Risk-Taking



The Wellness Council of Wisconsin | www.wellnesscouncilwi.org

The Wellness Council of Wisconsin presents

Physical Courage

Core Characteristics: Resilient | Positive | Mindful | Risk-Taking

Key Motivators

- You believe wellbeing comes before wellness and that wellbeing must expand beyond physical
- When times are challenging, you accept the reality and create positive energy to respond
- You create meaning out of adversity and encourage yourself and your team to find hope, compassion and gratitude to move forward
- You believe it's time to change the narrative of wellness and expand the current scope; you view yourself as a leader in this shift
- In conversations where your ideas are not understood or agreed with, you're able to lean into your resilience to overcome feelings of frustration or defeat

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 step outside your comfort zone in risky yet rewarding ways.

Check out our physical courage learning sessions:

- The Resilience Dividend: The Payoff of Learning How to Bounce back | *David Hunnicutt*
- A Trauma Informed Approach to Creating Workforce Resilience | *Tim Grove*
- Redefining Wellness: A Model for Leading During Challenging Times | *Patty Purpur de Vries*
- Participate in WCWI's 3-part Courage Connection series to reflect and share with other wellbeing professionals statewide. (Available to WCWI Member conference attendees.)

"Courage is being scared to death and saddling up anyway."

- John Wayne

Those who are strong in physical courage

step past their comfort zone to shift the narrative of wellness in somewhat risky yet rewarding ways. They express their own resilience in their work and they know that resilience is a vital characteristic for their people and their organization to thrive. They realize that there is a choice to make. Either, they fall to the pressures of stress and chaos or they take a stance of resilience and strive for acts of bravery in themselves and the people they serve—they choose resilience.

When wellbeing professionals successfully channel their physical courage,

they lead with a lens of resilience and they fearlessly expand the scope of wellbeing even if that means uprooting and laying new foundation. They willingly step into courageous conversations with a posture of curiosity, compassion, hope, and positivity. Their physical courage gives them confidence to push boundaries and challenge the status quo as an advocate of taking risks to see what's possible.

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 resilience and try something new, no matter how big or small, to lean into your physical courage each day.

