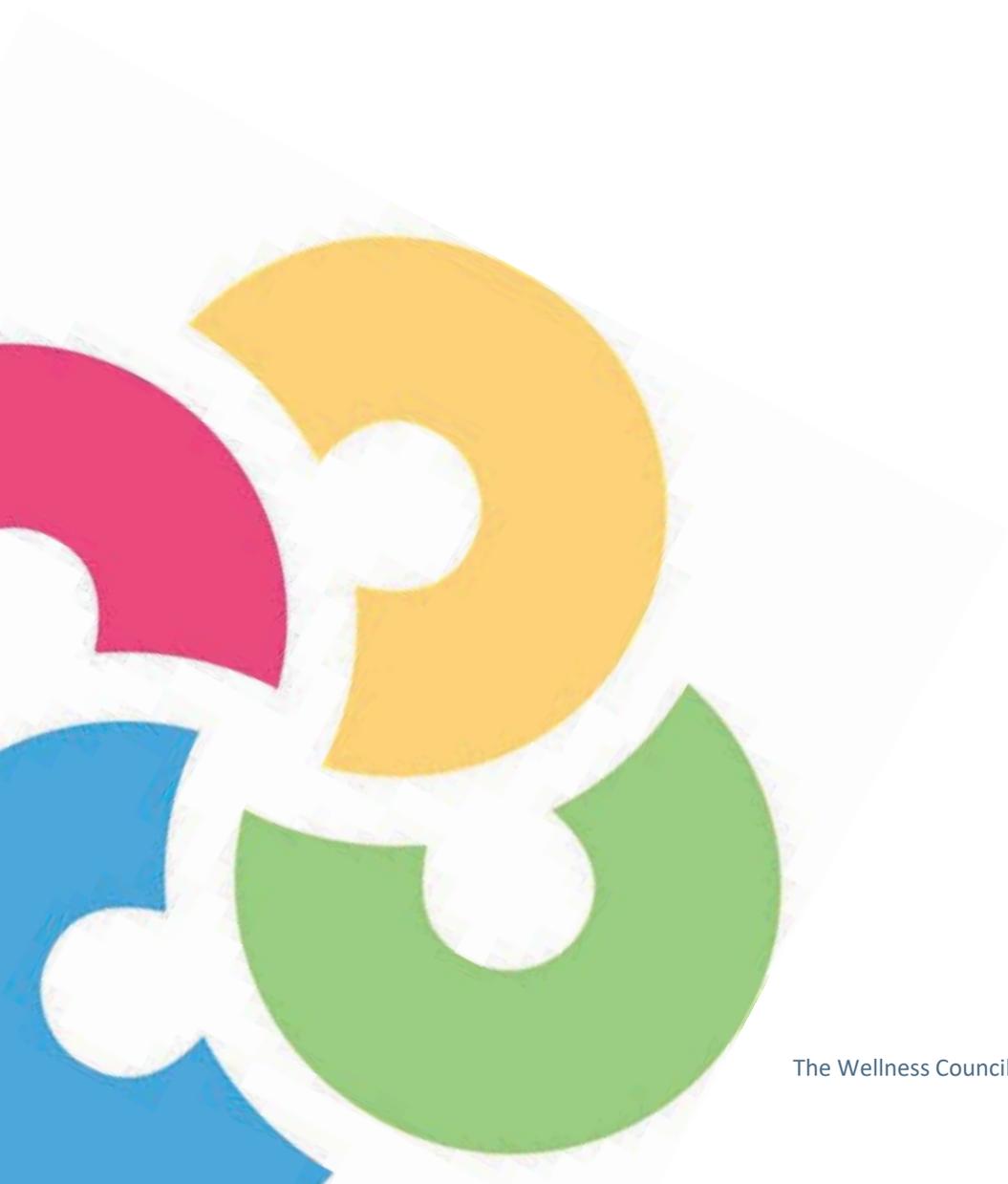


The Wellness Council of Wisconsin presents
YOUR STRENGTH

Social Courage

Core Characteristics: Culturally Sensitive | Inclusive | Compassionate | Safe



The Wellness Council of Wisconsin | www.wellnesscouncilwi.org

Social Courage

Core Characteristics: Culturally Sensitive | Inclusive | Compassionate | Safe

Your Key Motivators

- You speak up and share your voice and ideas, even if you're fearful of the disruption it may cause
- You're motivated to grow your inclusion mindset by seeking to listen and learn
- You initiate conversations to collaborate and bring diverse perspectives to your wellbeing strategy
- You are committed to sustaining positive and meaningful social connections
- It is your highest priority to ensure that employees feel seen, heard, and cared for
- You fully support the employee voice and strive to foster peer connection

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 use your voice to make the connection between belonging and wellbeing and to develop a culture that supports both.

Check out our *social courage* conference sessions:

- Cultivating Change: Choose Courage | *Kori Carew*
- The Coach Within: A Courageous Approach to being Curious | *Eric Marcoe*
- No One Size Fits All: Incorporating DE&I into Wellbeing Strategy | *Susan Morgan Bailey*
- Participate in WCWI's 3-part Post-Conference series to reflect and share with other wellbeing professionals statewide. *(Available to WCWI Member conference attendees.)*

"Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen."

—Winston Churchill

Those who are strong in social courage

seek to listen and care for people first and foremost. They connect with people through displaying cultural sensitivity and they welcome diversity of thought and perspective. They lead with empathy and compassion to create safe and inclusive workplaces where all belong.

When wellbeing professionals channel their social courage,

they refrain from conforming to the expectations of others, and exhibit their true self even if it may challenge social expectations. People leaders with strong social courage believe in the power of social contagion. Their courage is manifested in their actions to cultivate interrelatedness and connectedness among their peers and colleagues pursuing the ultimate impact of a safe and compassionate organizational culture.

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 connection with others to lean into your social courage each day.

