

Fostering Executive Courage

A Leadership Development Tutorial

Number 5



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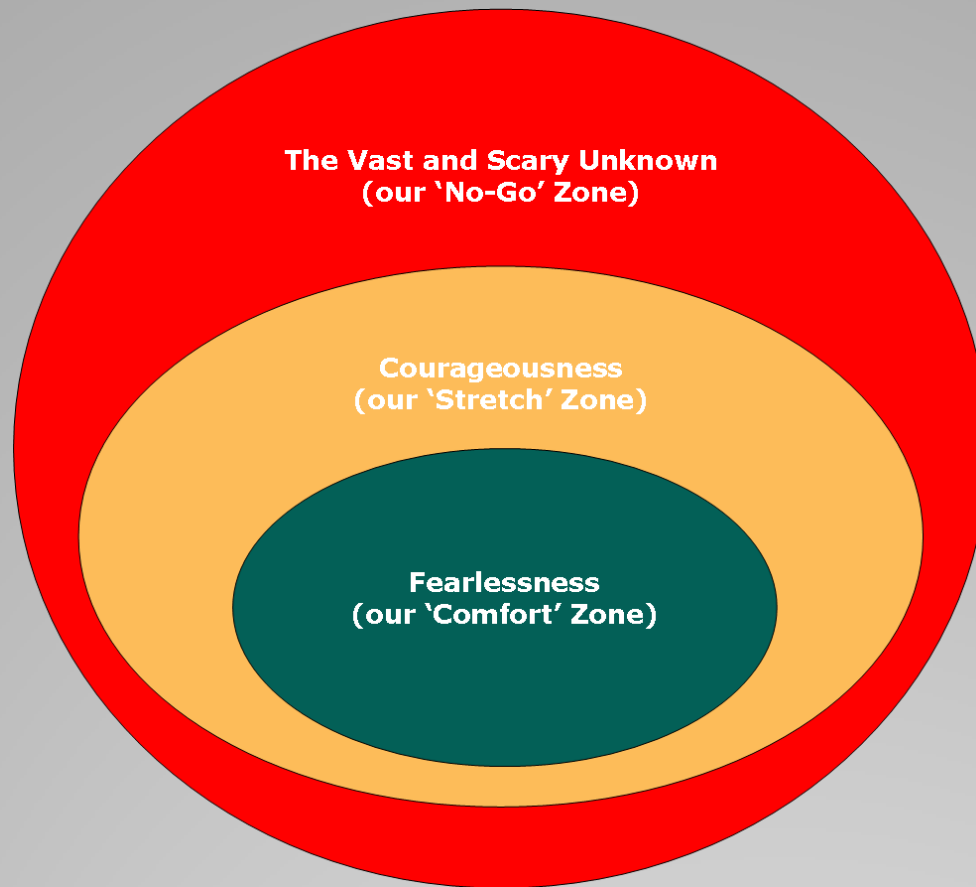
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Working Definitions

- **Fear » [feer] »**
 - A distressing emotion aroused by impending danger, evil, pain, etc., whether the threat is real or imagined; the feeling or condition of being afraid.
- **Fearlessness » [feer-lis] »**
 - Without fear; bold or brave; intrepid.
- **Courage » [kur-ij, kuhr-] »**
 - The quality of mind or spirit that enables a person to face difficulty, danger, pain, etc., without fear; bravery.
- **Courageousness » [kuh-rey-juhs] »**
 - possessing or characterized by courage; brave.

Source: <http://dictionary.reference.com>

Fear 101: The Basic Fear/Courage Dynamic



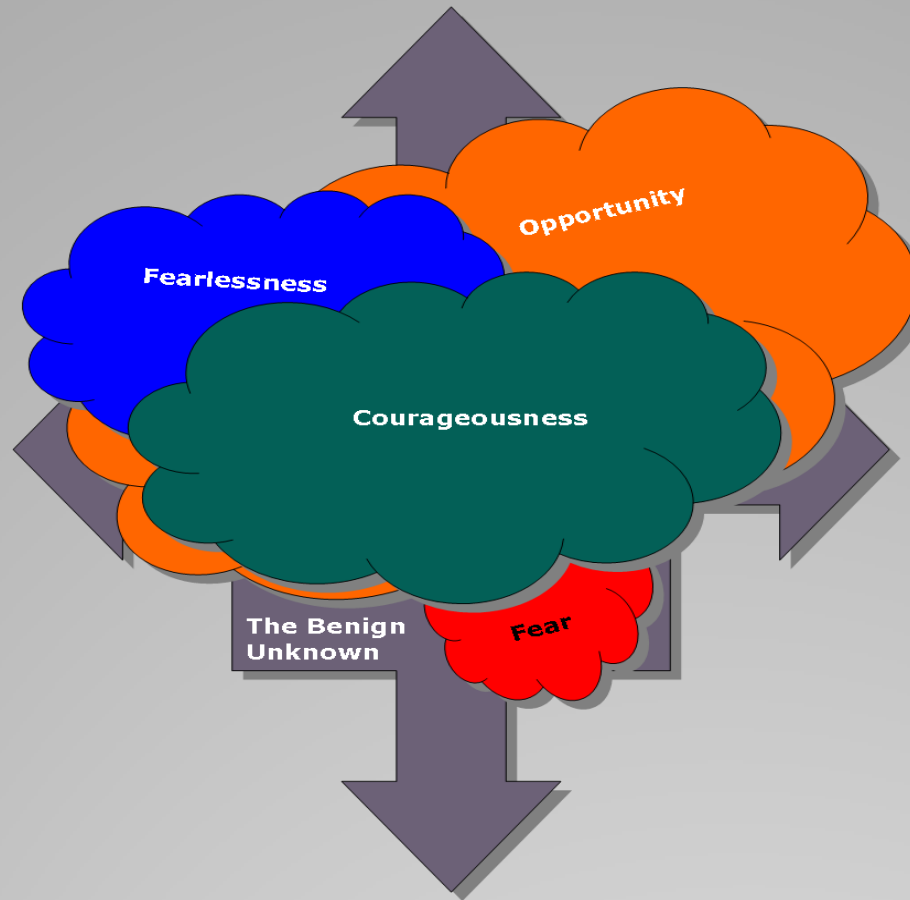
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Fear 101: Explained

- ***Fearlessness* » Our 'Comfort' Zone »**
 - The place where we have no fear. A very big place for some; a fairly small space for many.
- ***Courageousness* » Our 'Stretch' Zone »**
 - The place where we are willing to *"Feel the fear and do it, anyway."* ©1987 Susan Jeffers, Ph.D. As with ***Fearlessness***, ***Courageousness*** can be very big for some, and surprisingly small for others. Actual sizes vary depending on circumstance, mood, comfort level, and a variety of other variables.
- ***The Vast and Scary Unknown* » Our 'No-Go' Zone »**
 - Everything BEYOND our 'Comfort' or 'Stretch' zones – beyond what we're ALREADY fearless – or willing to be courageous – about.
 - Given that anything ***unknown*** is considered a 'no-go,' no wonder why feelings of fear, worry, and doubt can seem so INCESSANT to so many.
- **BOTTOM LINE » Executives CANNOT succeed using the Fear 101 model » COURAGEOUSNESS must what drives executive thought and action.**

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Fear 303: Fostering Increased Executive Courage



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Fear 303: Explained

- ***The Benign Unknown*** »
 - Our NEW underlying starting point.
- ***Opportunity*** »
 - The potential in much of what is in the ***Benign Unknown***.
 - Note: Some opportunities DO fall OUTSIDE of **The Benign Unknown**.
- ***Fearlessness*** »
 - Often a natural response to ***Opportunity***.
 - Note: Some ***Fearlessness*** DOES ‘splash’ beyond ***Opportunity*** into areas NOT so benign.
- **Courageousness** »
 - When ***fear*** is no longer our DEFAULT reaction to the ***Unknown***, we can think, feel, and act far more powerfully and capably.
- **BOTTOM LINE** » **Courageousness is THE Necessary Competency for Executive/Leadership Success.**

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