



Calling All Courage:

*From Reflection to Action!*

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Courage  
& Renewal

# Welcome!

Before you tell your life what you intend to do with it, listen for what it intends to do with you. Before you tell your life what truths and values you have decided to live up to, let your life tell you what truths you embody, what values you represent.

- Parker J Palmer, Let Your Life Speak

# Introductions (at your table)

- Your name:
- In a sentence:  
What truths are speaking in your life right now?

# Circle of Trust<sup>®</sup> Touchstones

- Be present as fully as possible.
- Trust and learn from the silence.
- Attend to your own inner teacher.
- Know that it's possible to leave the circle with whatever it was that you needed.
- Extend and receive welcome.
- What is offered in the circle is by invitation, not demand.
- When the going gets rough, turn to wonder.
- Speak your truth in ways that respect other people's truth.
- No fixing, no saving, no advising, and no correcting.
- Learn to respond to others with honest, open questions
- Observe deep confidentiality.



# Caretake This Moment (a poem by Epictetus)

- What phrases resonate with you?
- What are the particulars—the challenges?



**Your  
Singular  
Focus**

**Central  
Concern**

**Problem of  
Practice**

**Issue**



# Caretake This Moment (a poem by Epictetus)

‘Give your best and always be kind’

What is your ultimate goal?

**Your  
Singular  
Focus**

**Central  
Concern**

**Problem of  
Practice**

**Issue**

**YOUR  
ULTIMATE  
OUTCOME**



**Your  
Singular  
Focus**

**Central  
Concern**

**Problem of  
Practice**

**Issue**

**Your personal  
characteristics**

**Supports**

**Resources and  
People**

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**Resources and  
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- **Concrete Activities**
  - **Add timeline**

**YOUR  
ULTIMATE  
OUTCOME**

*Hope locates itself in the premises  
that we don't know what will happen  
and that in the spaciousness of uncertainty  
is room to act.*

*-Rebecca Solnit*

**Your Singular Focus**

**Central Concern**

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**Your personal characteristics**

**Supports**

**Resources and People**

**Concrete Activities**  
Add timeline

**Short Term Outcomes**

**Intermediate Outcomes**

**YOUR ULTIMATE OUTCOME**

- **Central Concern**
  - **Problem of Practice**
    - **Issue**
  - **Your Singular Focus**

Focus

- **Resources and People**
- **Your personal characteristics**
- **Supports**

- **Concrete Activities**
- **Add timeline**

- **Short Term Outcomes**

- **Intermediate Outcomes**

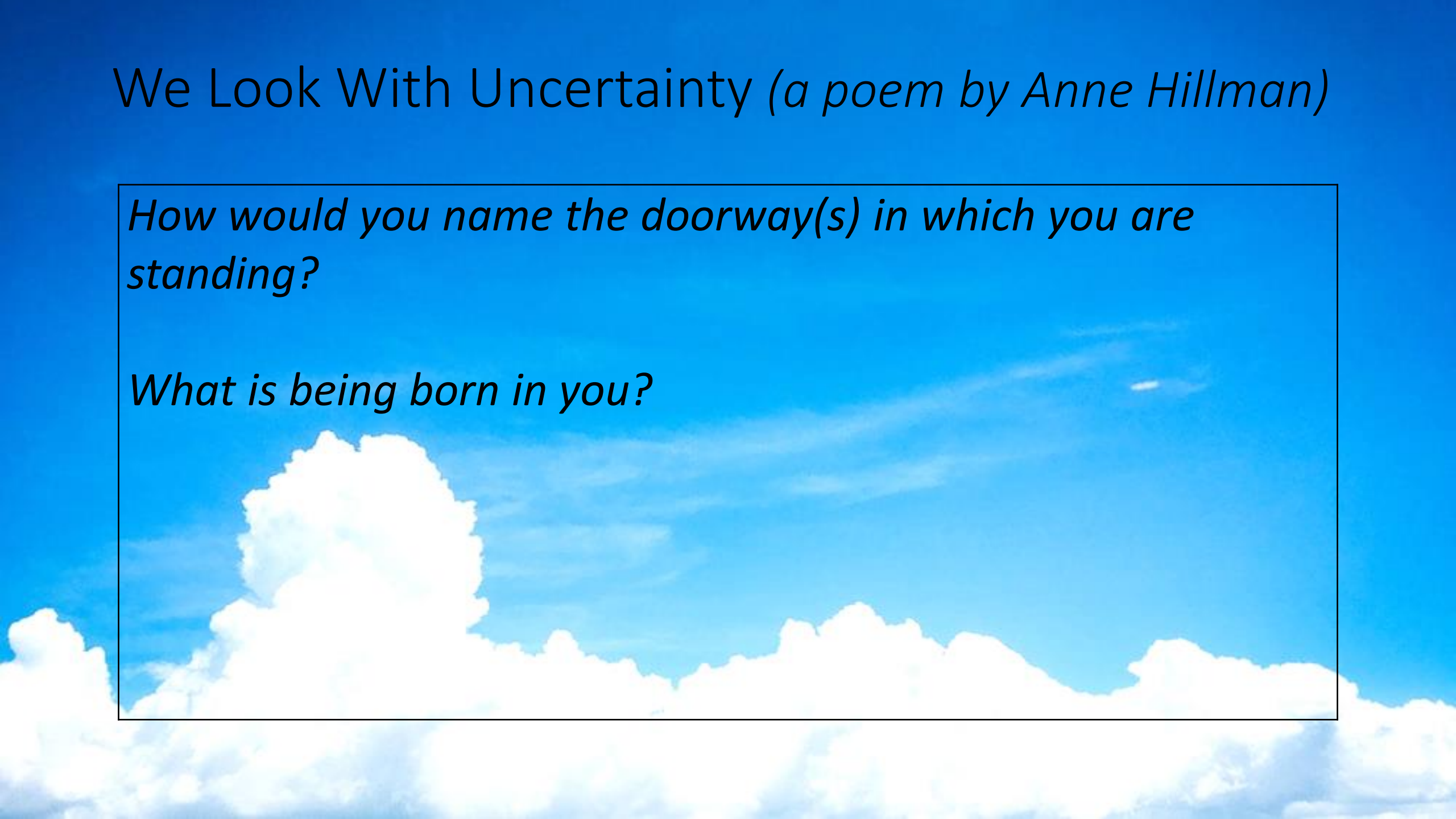
- **YOUR ULTIMATE OUTCOME**



# We Look With Uncertainty (*a poem by Anne Hillman*)

*How would you name the doorway(s) in which you are standing?*

*What is being born in you?*



# A Process for Listening – Groups of 3

- What will you choose to share of your reflection?
- How is action coming clearer to you?



# A Process for Listening – Groups of 3

Timing cues and directions will be given.


Gather: Introduce yourselves (1 minute each)

Listen: 1<sup>st</sup> speaker (4 minutes) then silence (1 min)

2<sup>nd</sup> speaker (4 minutes), then silence (1 min)

3<sup>rd</sup> speaker (4 minutes), then silence (1 min)

Respond: (3 minutes)

A blue sky with white clouds. The text is centered in the upper half of the image.

Beyond hope and fear is a place of yes  
from which we step forward  
and begin the work,  
learning as we go.

— Meg Wheatley,

UN Commission on the Status of Women, March 2019



“Courage doesn't always roar.  
Sometimes courage is the little voice  
at the end of the day that says  
I'll try again tomorrow.”

— Mary Anne Radmacher

# Check-out

Your name:

What does courage look like for you in this moment?



## To Learn More...

Center for Courage and Renewal [www.couragerenewal.org](http://www.couragerenewal.org)

Circle of Trust® <http://www.couragerenewal.org/approach>

Courage to Teach® <http://www.couragerenewal.org/courage-to-teach>

Healing the Heart of Democracy®

<http://www.couragerenewal.org/democracy>

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**Courage**  
& **Renewal**

- Central Concern
- Problem of Practice
  - Issue
- Your Singular Focus

- Resources and People
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- YOUR ULTIMATE OUTCOME

