



Question : WHO LEADS?

**Answer : EVERYONE'S
A LEADER!**

**ROUTES
TO BRAVER
LIVING AND
LEADING IN
UNCERTAIN
TIMES**



**Change can be scary
and lonely!**

**Break free of fears,
procrastination habits
and obstacle thinking
to live and lead.**

Goal: **EVERYONE'S A LEADER!**

What's in it for you?

- Stronger sense of self, with creative freedom to invent, transform and relate
- Greater bravery to take risks, experiment and think differently, explore solutions and make more effective decisions

- Contribute to a united vision, creating an open and trusting culture that believes in working towards something bigger

- Emboldening a psychologically healthier, more resilient staff community



SO HOW DO YOU GET THERE?

First step is accepting our invitation to explore our **Multi-Tool Masterclass Routes to Braver Living and Leading.**



**“THE
MOST
ESSENTIAL
WORK
OF THE
LEADER
IS TO
CREATE
MORE
LEADERS”**

Mary Parker Follett

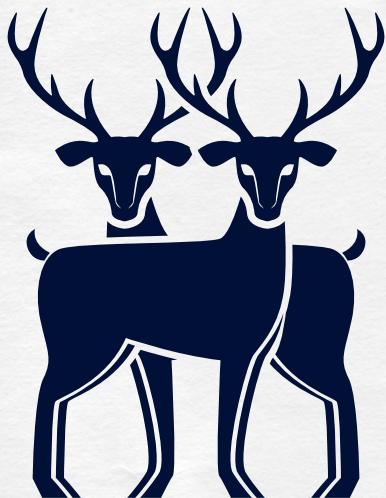
**Here's an opportunity
to grow your own.**



RELATIONSHIPS

with ourselves
and others

Your relationship with yourself sets the tone for every other relationship you have, personally and while at work.



**"WHEN I LET GO OF WHAT I AM,
I BECOME WHAT I MIGHT BE"**

Lao Tzu, 5th + 6th Century BC

In this 3 hour masterclass we will discover:

- > Greater awareness of our relationship with ourselves
- > Understand the 5 pillars of Emotional Intelligence (self-awareness, self-regulation, motivation, empathy & social skills)
- > Take stock of our own values and beliefs
- > Create a takeaway 'YOU-centred' plan to support your own self-awareness during times of doubt and uncertainty

AUTHENTICITY

the identity and mindset
of a brave self-leader

How many of us have two sides to our personality, a 'work me' and a 'home me'?

We act in a certain way, to get recognised or change who we are to fit in?

Those who remain authentic in their leadership approach, can bring their whole self to work while still being effective, productive and inspiring leaders.



In this 3 hour masterclass we will discover:

- > What is authenticity?
- > Key behaviours and characteristics of 'authentic leaders'
- > The psychology of human connection and empathy practice
- > Your own leadership style
- > Ways to transition or adopt a more authentic leader mindset

"THE ONLY LIMITATIONS ONE HAS ARE THE ONES WE PLACE ON OURSELVES"

Muhammad Ali

See FAQ's for how to book

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LEADERSHIP

leading from within to encourage
a culture where everyone leads

Leaders are responsible
for their world.

We create our world.

Together.

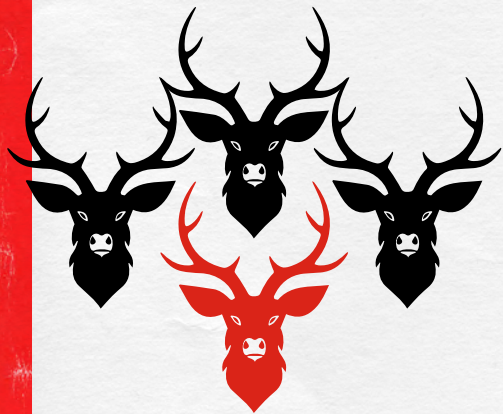
Everyday.

In this 3 hour masterclass
we will discover:

- > Greater personal and peer confidence
- > Powerful characteristics and ways to lead – greater collaborative approach to leadership
- > Recognising, harnessing and trusting your uniqueness

"LEAD, EVEN
IF YOU'RE AS
NERVOUS AS
LONG TAILED CATS
IN A ROOM FULL OF
ROCKING CHAIRS!"

Father O'Flaherty, war hero



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SELF-CARE

radical self-care strategies
for everyday survival

Self-care goes far beyond
just doing 'nice things like
eating pastries or binging
on Netflix'. Self-care takes
stock of your whole life
and how you speak to
yourself.

It supports you to create
a more honest perception
of how you feel, habits and
emotional patterns you've
developed and honesty
about where your energy
is being focused.

"CARING FOR
MYSELF IS NOT SELF-
INDULGENCE, IT IS
SELF-PRESERVATION,
AND THAT IS AN
ACT OF POLITICAL
WARFARE."

Audre Lord, activist and poet

In this 3 hour masterclass we
will discover:

- > Self-care as an essential survival skill for leaders
- > Ways to set healthy boundaries
- > Habits, patterns and where your energy is being focused
- > Creating a self-care plan that offers you ways to build consistent mindset and practice in times of stress, distress and uncertainty



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COMMUNICATION

finding your braver voice to express yourself and lift others up, to serve a social driven purpose.

The search for meaning at work is positively associated with increased engagement, commitment, and alignment with organisational values.

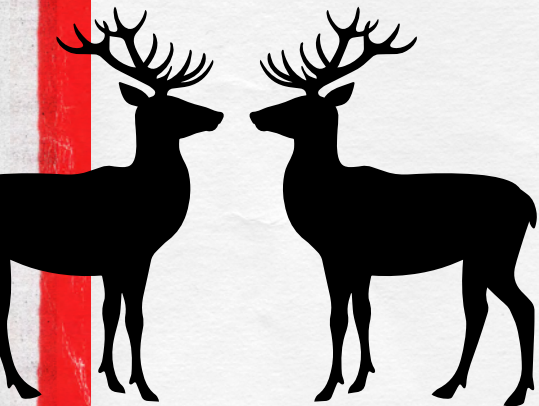
To fully contribute we may need to pluck up our courage to express ideas that are not majority opinion, or to face the hostility or ridicule that may accompany departing from social norms.

In this 3 hour masterclass we will discover:

- > What is a 'braver voice' and where do you find it?
- > The importance of empathy, integrity and respect in the social workplace
- > How we influence others, both positively and harmfully?
- > Ways to respond to unmet expectations and difficult conversations
- > Confidence building practices to express yourself congruently and lift others up

"YOU GET OUT OF LIFE WHAT YOU HAVE THE COURAGE TO ASK FOR."

Oprah Winfrey



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ADAPTABILITY

the art of adaptability, and emotional resilience in leaders, in times of uncertainty.

Adversity is a fact of life. The essence of human survival is our ability to adapt and recover quickly from difficulties.

Uncertainty and unplanned circumstances can result in frightening changes.

The braver decisions we choose, the more we can embrace the unknown, instead of fear.

In this 3 hour masterclass we will discover:

- > What adaptability and resilience teaches you in times of uncertainty or role change?
- > Strengths and characteristics of adaptable and resilient leaders
- > Inspiringly different perspectives – power of failure, optimism and unlearning learning
- > Practice methods of accountability to set, maintain and accomplish braver adaptability

"YOU CAN'T MAKE DECISIONS BASED ON FEAR AND THE POSSIBILITY OF WHAT MIGHT HAPPEN!"

Michelle Obama



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CONFIDENCE

nature and causes of procrastination and obstacle thinking

The word procrastination means 'waiting, until tomorrow – or a more distant day'.

Everyone has put off something at some point. Sometimes we procrastinate because of the problem of perfectionism: we're so ambitious about how something could turn out that we grow acutely nervous about our own uncertain beginnings.

In this 3 hour masterclass we will discover:

- > The nature and causes of fear, procrastination and obstacle thinking
- > Awareness of habits and emotional patterns that shrink and enhance your personal growth and productivity
- > Common characteristics and means to break free, to trust and feel more confident
- > How to offer yourself an alternative 'freedom plan' to manage your emotional habits and make more effective decisions

"HOW VERY LITTLE CAN BE DONE UNDER THE SPIRIT OF FEAR."

Florence Nightingale

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BRAVERY

warrior not worrier, to build up your bravery muscles despite fear

Researchers are finding that bravery is a skill that we can learn and just like going to the gym each day to make your muscles stronger, you can build your bravery by practicing it in your everyday life.

The more often we act bravely, the braver we become.



In this 3 hour masterclass we will discover:

- > Re-thinking fear and risk
- > Get clear on your life /work purpose
- > Ways to give other peoples' opinions less power
- > How to tame your inner critic
- > Embracing failure as part of the pathway to success
- > The creation and power of your own workplace 'Warrior Plan'

"FOR ALL THE DOMINOS TO FALL, ONE HAS TO FALL FIRST. BE WILLING TO BE THE FIRST BRAVE DOMINO!"

Luvvie Ajay

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PREVIOUS MASTERCLASS PARTICIPANTS HAVE SAID ...

**"I'M TAKING
AWAY HOW TO
CHANGE HOW
I SPEAK TO
MYSELF"**

**"THE OPEN
DIALOGUE IN THE
MASTERCLASS
GAVE EVERYONE
THE OPPORTUNITY
TO EXPRESS THEIR
POINTS OF VIEW"**

**"EVERYONE
HAD SPACE TO
SPEAK. I LIKED
THIS BECAUSE
IT ALLOWED ME
TO HEAR WHAT
OTHERS WERE
THINKING"**

**"THE
MASTERCLASS
WAS FUN
AND VERY
INTERACTIVE-
WE LEARNED A
LOT FROM EACH
OTHER."**

**"MY TAKEAWAY IS
LEARNING STEPS
TO BE BRAVE,
ACKNOWLEDGING
MY OWN
ACCOMPLISHMENTS"**



ABOUT YOUR LEADERSHIP FACILITATORS

Charley and Colin Gavigan established Brave Your Day-Your Way to offer leadership coaching and facilitation with Scottish and USA leaders and employees to build personal resilience, self-leadership, positive emotional wellbeing and a culture of bravery.

Together they have chalked up 65 years combined therapeutic practice,

motivational leadership and Continuing Professional Development specializing in team building, dynamics and culture, stress reduction, resilience, trauma, and management of addiction. They hold full memberships of British Association of Counselling & Psychotherapy and the International Coach Federation.



FAQ'S MULTI-TOOL MASTERCLASS ROUTES

HOW AND WHERE ARE MASTERCLASSES DELIVERED?

Each Masterclass lasts 3 hours (half day) Or talk to us about delivering a One Day Masterclass on your chosen title. We deliver onsite to your team or group or at a venue of your choice.

All we ask: you cover all venue, admin and catering fees and take responsibility for ensuring your minimum number of participants for each masterclass. Then choose the masterclass(s) you want to host and/or attend.

Remember it's okay to mix it up and share the costs with other organisations.



WHAT'S THE MAXIMUM- MINIMUM PARTICIPANTS TO ATTEND A MASTERCLASS?

Maximum of 22 people and
Minimum of 10

WHAT ELSE DO I GET?

Each masterclass provides important tools, ideas and practices as emailed takeaway handouts.

All participants receive a Continuing Personal and Professional Development certificate as proof of attendance and a copy of our 100-page 'Brave Your Day' bravery stories book, (RRP £10/\$15)

We also provide your company or organisation with compiled anonymous participant feedback of takeaways from each masterclass.

WHAT'S THE STYLE OF DELIVERY?

We don't do anything we can't do around a campfire. We don't do PowerPoint. Each masterclass includes a mixture of energising individual learning, paper exercises, demonstrations, group and partnered discussion and group exchanges.

The delivery style is 'edutainment', having fun while learning with practical takeaways.

WHAT'S THE COST PER MASTERCLASS?

We want masterclasses to be affordable for organisations. We believe the investment (combined with takeaway materials, CPD certificate and Brave Your Day book) provides a valuable and cost-effective package.

Let's talk about how we can work together to bring transformational Resilient Leader Multi-tool program to your company or organisation.

We offer great reductions for booking three or more masterclasses.

HOW DO I CONTACT YOU TO DISCUSS OUR NEEDS AND BOOK SOME MASTERCLASSES?

We'd love to hear from you. Please either email or call us to start a braver conversation today.

Brave Your Day-Your Way Team:

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Counselling & Psychotherapy

ICF
International Coach Federation

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