Are You an INtrepid Leader?

Facilitated By:
Cyndi Wentland, Founder

Intentionaleaders,
ORIGIN
late 17th century: from French intrépide or Latin intrepidus, from in- 'not' + trepidus 'alarmed'.

intrepid
[ɪnˈtrepɪd] 🎧
ADJECTIVE

fearless; adventurous (often used for rhetorical or humorous effect).
"our intrepid reporter"

synonyms: fearless · unaflaid · undaunted · dauntless · undismayed · unalarmed · unflinching · unshrinking · unblenching · unabashed · bold · daring · audacious · adventurous · dashing · heroic · dynamic · spirited · mettlesome · confident · indomitable · brave · [more]
SPOTLIGHT ON YOUR BRAIN
Fight or run!
I’m hungry
DANGER AND YOUR BRAIN: IT “PROTECTS” YOU...

Adrenaline

Cortisol
Your Brain is Protecting You

Listen to ME!

DANGER!

STAY IN THE CAVE!

And if this keeps going..............................
Is this you?
We're All In
2020 HR Summer Conference

IT’S GONNA BE OKAY...
If you want to be...

Intrepid

Inclusive
Ingenious
Influential
Innovative
Intriguing

Inspiring
Invincible
Invulnerable
Involved
How to Be Courageous

As Brene Brown writes in *The Gifts of Imperfection*:

“Courage is... a habit, a virtue: You get it by courageous acts.”
### Building Courage

#### Mindset
- Notice your thoughts

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Strengthen Your Mindset: Be the Watcher of Your Thoughts

Your perspective is noted.

There is no T-Rex.

I got this.

Be the Watcher of Your Thoughts
Building Courage

What’s going on up here!? What actions can you take?

Mindset
- Notice your thoughts
- Attend to the positives
- Do your part

Skillset
Strengthen Your Skillset
Building Courage

What’s going on up here!? What actions can you take?

Mindset

- Notice your thoughts
- Attend to the positives
- Do your part

Skillset

- Engage in daily acts of bravery
Act of bravery?

WHO WAS COURAGEOUS?
Building Courage

What’s going on up here!?

What actions can you take?

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But wait!
I’d love some ideas!
INtrepid Leaders: Being Courageous

Breakout Discussion Groups:

- **Timing = 10 minutes** for discussion
- **Choose a spokesperson to report to group = 2 minutes** (firm!)

1. Advocating for a different point of view than *everyone else*
2. Tackling an *unexpected emergency* in your office/team, when you are *already pressed for time*
3. Confronting *bullying, bias or discrimination*
4. Using *new tools and technology for the first time* in front of a group
5. Addressing a co-worker that is *chronically negative*
6. Requesting/Reminding someone to *follow new rules, processes and practices*
“Having courage does not mean that we are unafraid. Having courage and showing courage mean we face our fears. We are able to say, “I have fallen, but I will get up.”

Maya Angelou

How will you be “couraging” tomorrow?
Be an Intrepid Leader: 6 Tips

Building Courage

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Thank you!
Enjoy the rest of the summer!
Cheers to a new academic year!