

# A playful approach to finding courage

Many of us spend time trying to be the way we think we should be to please others or to fulfil a role. When we do this we lose our natural sense of creativity and self-expression. This costs energy and motivation. It is not possible to thrive when we are constantly worried about what others think of us.

Here's a question for your leaders and teams: 'Imagine what it would be like to have the courage to be yourself? The courage to express yourself, follow your path to success and lead others to do the same?'



When we have the courage to express ourselves fully, it inspires others. Creativity and innovation can flourish.

In this talk Hazel will share how she took a risk and had the courage to play, be herself and to forge a path which led her to create the transformational coaching game, Lumination®. In this entertaining and inspiring talk she shows what can be possible when we have the courage to be ourselves.

## Who is this talk for?

- Organisations that want to enhance innovation and growth.
- Companies that want to equip leaders to find their authentic voice, step up and be visible.
- Organisations that want their leaders to take creative risks and inspire their teams.
- People who are ready to express themselves fully.

## What will the audience gain?

- They will learn how a playful approach can connect them to their courage.
- They will discover how to lead with courage and the difference this can make to them and their teams.
- They will identify one courageous step they can take after the talk.