

SPEAKING TOPIC 4:

Finding the courage to lead from the heart

It takes courage to be yourself. It sounds simple but many of us spend lots of time trying to be the way we think we should be to fulfil a role. Leading from the head.

Courage comes from the French word – Coeur – meaning heart. When we can lead from the heart as well as the head, we connect more deeply to ourselves and so, in turn, can connect to others.



When we lead from the heart we can have the courage to listen – even when it's difficult. And when we listen, people feel respected and valued. It builds trust.

When we speak from the heart it has power and people listen.

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

In this talk Hazel will share what it means to speak from the heart. She will share the trials and tribulations of finding her own courage to have some of the toughest conversations anyone could be having with people on the brink of losing their careers. And she will share the courage it took to create a coaching board game, from scratch, with no funding, and how, against the odds, she has taken the idea of play into organisations around the world.

Who is this talk for?

- Companies that want to build trust and respect across the organisation.
- Organisations that want to equip leaders to be authentic and have the courage to have powerful conversations.
- Organisations that want their leaders to take creative risks and inspire their teams.
- People who are ready to express themselves fully and lead from the heart.

What will the audience gain?

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