

## **American Management Association's Courageous Risk Taking for Women**

### ***Learning Objectives***

- Cultivate the Skills and Mindset Necessary to Lead with Resilience by Demonstrating Risk Taking and Courage

### ***Leading with Risk***

- Identify Common Obstacles and Limiting Beliefs That Prevent Individuals from Taking Risks in Leadership
- Develop a Mindset that Embraces Risk Taking as a Necessary Component of Growth and Leadership Success
- Explore Techniques for Stepping Outside of Comfort Zones to Enhance Confidence
- Recognize Small Successes and Celebrate Them as Stepping Stones to Build Resilience and Taking Larger, Calculated Risks

### ***Leading with Courage***

- Define the Concepts of Courage and its Significance in Resilient Leadership
- Examine the Role of Courage in Managing Interpersonal Conflicts and Fostering Strong Relationships
- Utilize Techniques to Lead with Courage and Navigate Challenging Conversations
- Practice Empathetic Language to Lead Through Challenging Situations