HONE Athletics

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LEADERSHIP VIRTUE: COURAGE

What is Courage? Courage is choosing the right move even when it's uncomfortable. It's speaking up. Standing firm. Making tough calls under pressure. Courageous leaders set the tone for resilience.

WHY COURAGE MATTERS

Inspires Action: Teams take bold steps when they see their leader step up first.

Builds Grit: Courage breeds perseverance. In moments of adversity, brave leaders show how to respond.

Fuels Respect: Teams rally around leaders who stand for something and live it out.

CHALLENGE COURAGE

Ask each athlete to take one bold step that week (e.g., owning a mistake, testing a new skill, speaking a hard truth). Celebrate effort as much as outcome.

ACTIONABLE WAYS TO STRENGTHEN COURAGE

SHARE THE "WHY" BEHIND DECISIONS

- **PRACTICE TOUGH CONVERSATIONS**: Roleplay real-life situations that require honesty. Repetition builds confidence when the moment is real.
- **REFRAME FAILURE:** Call out setbacks as what they are - learning opportunities. Talk openly about fear and how to face it head-on.
- **MODEL BRAVE BEHAVIOUR:** Step forward even when you're unsure. Athletes watch how you lead when the outcome isn't guaranteed.

SPOTLIGHT

- Each week, highlight someone who took a risk or stood tall. Make bravery the norm.

BRAVE LEADERS, BUILD BRAVE TEAMS.