

BRAVE TOOLKIT

A few great ideas to continue building bravery. Your group is equipped with skills, tools and experiences to use in practice that extends the work done in the Brave Session.

7 BRAVE PITCH

Everyone has a 7-line brave pitch. Keeping this pitch alive is a solid way to reinforce the Posture / Punctuation / Projection skills and continue stretching outside of comfort zone.

NOTE: Individuals can change their pitch if they think of better words to tell their story.

1 Impact Delivery

Practice pitch exchanges within the group.

2 Intro to Others

Use pitch to meet new people. Reinforce strong handshake and concentrated eye contact.

3 Individual Expression

Watch videos of the HAKA to practice max personality.

4 Internal Messaging

Build a Group Pitch.

GOALS

A breakdown session provides options for ongoing conversation in pursuit of goals.

Materials:



Flip chart with sticky (big post-it) / per person



Big room with wall or floor



Sharpies for everyone



Timer

Directions from leader to group:

1. What is your BIG BRAVE Goal?
Should take 2-4 months to achieve.
2. What are 3 obstacles that could get in your way of achieving this goal?
Identify whether they are internal or external.
3. Breakdown 1: What are 3 steps you will take to achieve this goal?
What is the timeline for each - how long will each one take?
4. Breakdown 2: What are 3 little steps for each step?
What is the timeline for each - how long will each one take?
5. Brainstorm:
 - BE word for the BIG goal (1)
 - BE word for each step (3)
 - Circle / identify hardest parts / times
 - Name who / what could help at those points/ during those times
 - Resilience
 - How will you have to get up?
 - Why will you keep getting up?
 - Resourcefulness
 - What will you need to figure out?
 - How will you get through/around/between/under?
6. Why is this goal important to you?
7. What will you do if you do not achieve this goal?
8. How will you know you have achieved your goal?

Ongoing Follow-Up:

Keep charts visible to all - if possible. As little steps are achieved, they are dated and crossed off as DONE.

QUICK CONVO: 6 minute exercise

Starting up a conversation is huge for a generation socializing on their devices. It's an extra benefit to populate conversation practice with introspective reflection and a triple bonus to provide opportunity to express and share those thoughts with their peers.

Directions:

1. Spend 2-3 minutes of reflection time answering questions quietly and individually on a piece of paper.
2. Put paper down, find first partner.
3. Talk for certain period of time (:20-:40).
4. Blow whistle and switch partners.
5. Look to do at least 4 rounds.
6. Optional: Do a group debrief / discussion.

Topics:

Role Model

- Who is your bravery role model and why?
- What is the bravest thing you have ever seen with your own eyes?
- Who is the most outgoing person you know?
- Who do you want to be like and why (someone you know)?
- Who do you want to be like and why (someone you do NOT know)?

Fear

- What is your deepest fear?
- What is something you are not afraid of that other people are?
- When did your fear paralyze you?
- What is 1 thing you regret NOT doing?
- Do you have any fears that motivate you?

Memories

- What is your favorite childhood memory?
- What is a good smell you can recall from when you were younger?
- Who did you most want to be around when you were a kid?
- What would have been the best thing an adult could have said to you when you were little to make you feel great?
- What is a powerful story you know about a parent?

Triplets

Pick a preference and say why it's your preference.

Honesty Loyalty Integrity

WHY _____

People Passion Precision

WHY _____

Pizza Hotdog Popcorn

WHY _____

CURIOSITY

Once or twice weekly, someone goes to the middle of the room / group. He / she points to people and they stand to meet him / her with a question.

Group leaders should give a few moments for each person to come up with questions for the person in the center.

Goal is for person in the center to answer at least 10 questions and answers to be less than :20 total seconds long.

