



## ***Show Your Courage***



Friends and clients – in such a short amount of time the world feels so different. I'm thinking of you and send good wishes for health and courage.

This newsletter includes tips to help you during these unprecedented times and a big announcement about me joining Dr. Brené Brown's Dare to Lead™ speaking team.

From late June through August, I'm offering previous clients a free 30-minute spot coaching call. If we've worked together in the past and you could use a boost, please email me by June 30, 2020 at [susan@susannmann.com](mailto:susan@susannmann.com).

I am here to support you. Let me know how I can help.

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# ***Be Brave***



The world calls on us to be courageous right now. Suffering is all around: Discrimination and injustice. Global pandemic. Economic meltdown and millions of people out of work. Pivoting and trying to keep organizations viable. The climate crisis hasn't gone away. Politicians behaving unethically. Oh, and stepping up to take care of our loved ones. We are presented with innumerable opportunities to show up, be brave, and make a difference – in our hometowns and on the other side of the planet.

Whether our individual actions feel small or large, it DOES make a difference when we each do our bit. The evidence shows us that the foundation of courage is vulnerability – stepping into that messy feeling of risk, uncertainty, and emotional discomfort.

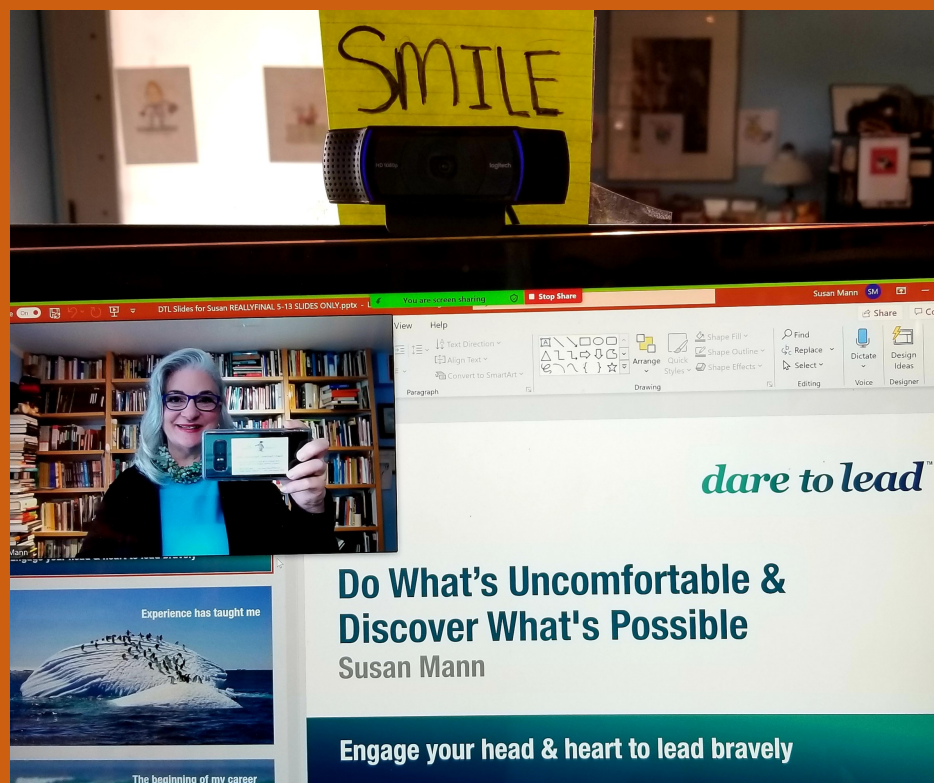
We've all been doing that for the past few months and we have to keep doing it. Stay focused on what you care about. And, think about adding a new cause and digging in.

Since 2012, I've drawn on the work of researcher and New York Times best-selling author Dr. Brené Brown to help people build their courage muscles. Through conversations with thousands of people, I've learned there are some key ways we can all be brave. Look at this list of some of the most common steps we can take. Choose one or two that fit your needs and give it a try. When we're brave enough to get uncomfortable, we discover what's possible.

- Ask for help.
- Do what's right, not easy.
- Be curious.
- Support others.

- Listen openly.
- Normalize discomfort.
- Take thoughtful risks.
- Share your ideas.
- Speak up when you disagree.
- Give meaningful feedback.
- Ask for feedback.
- Deal with conflict.
- Be more confident.
- Offer to help.
- Pause when stressed.
- Say a clear no.
- Say a heartfelt yes.
- Offer trust.
- What “be brave” ideas would you add to this list?
- What **do you commit to doing** to be braver?

## ***I’m a Dare to Lead™ Keynote Speaker***



Last year, my friend Brené Brown invited me to join her Dare to Lead™ keynote speaking team. As her platform has expanded and people all over the world want to learn how to be courageous, Brené decided to make her work more widely available through a speaking team – just launched. I’m soooo excited about this!

What we thought would be in-person keynotes morphed due to COVID to be virtual



keynote offerings. I'm available now to speak to groups anywhere in the world via video. I continue to offer Dare to Lead™ workshops, covering the four evidence-based courage-building skillsets. My keynote is a fantastic way to introduce a larger audience to this invaluable work. We've never needed courage more than we do now.

For more information click the button below or email me at [susan@susanmann.com](mailto:susan@susanmann.com).

**Speaking and Events**

## ***Ten for Ten!***



Nine years ago today Chuck and I celebrated our 10<sup>th</sup> wedding anniversary on Robben Island off the coast of Cape Town, South Africa. It was a testament to our love for penguins and for each other. Through Earthwatch Expeditions, we volunteered with biologists doing conservation work: counting penguins, weighing chicks and measuring their flippers, picking up trash on the beach. What an incredible experience!

On that trip, we realized the South African penguin was the 10th penguin species we'd seen...while we were celebrating our 10th anniversary. Ten for ten! It was then, in

2011, that we decided to pursue our BIG dream: see all 18 penguin species in the wild! It was a 17 year journey to see them all, but we did it! Read about our amazing quest and enjoy more great penguin photos in Every Penguin in the World, just published.

Robben Island is a UNESCO World Heritage Site. Nelson Mandela – one of the great heroes of the 20th century – was imprisoned on the island for 18 years. Mandela was charmed by the penguins and in his memoir Long Walk to Freedom wrote that he and the other prisoners “laughed at the colony of penguins” as they passed by like “a brigade of flat-footed soldiers.” While enduring a terrible situation, Mandela and the Robben Island prisoners found humor and consolation in the penguins. These delightful, beautiful creatures bring joy to us all and deserve our attention and care.



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