



TESS Newsletter

Accordance to Article 7  
Section 3 of its Constitution

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“Turning Possibilities into Realities”

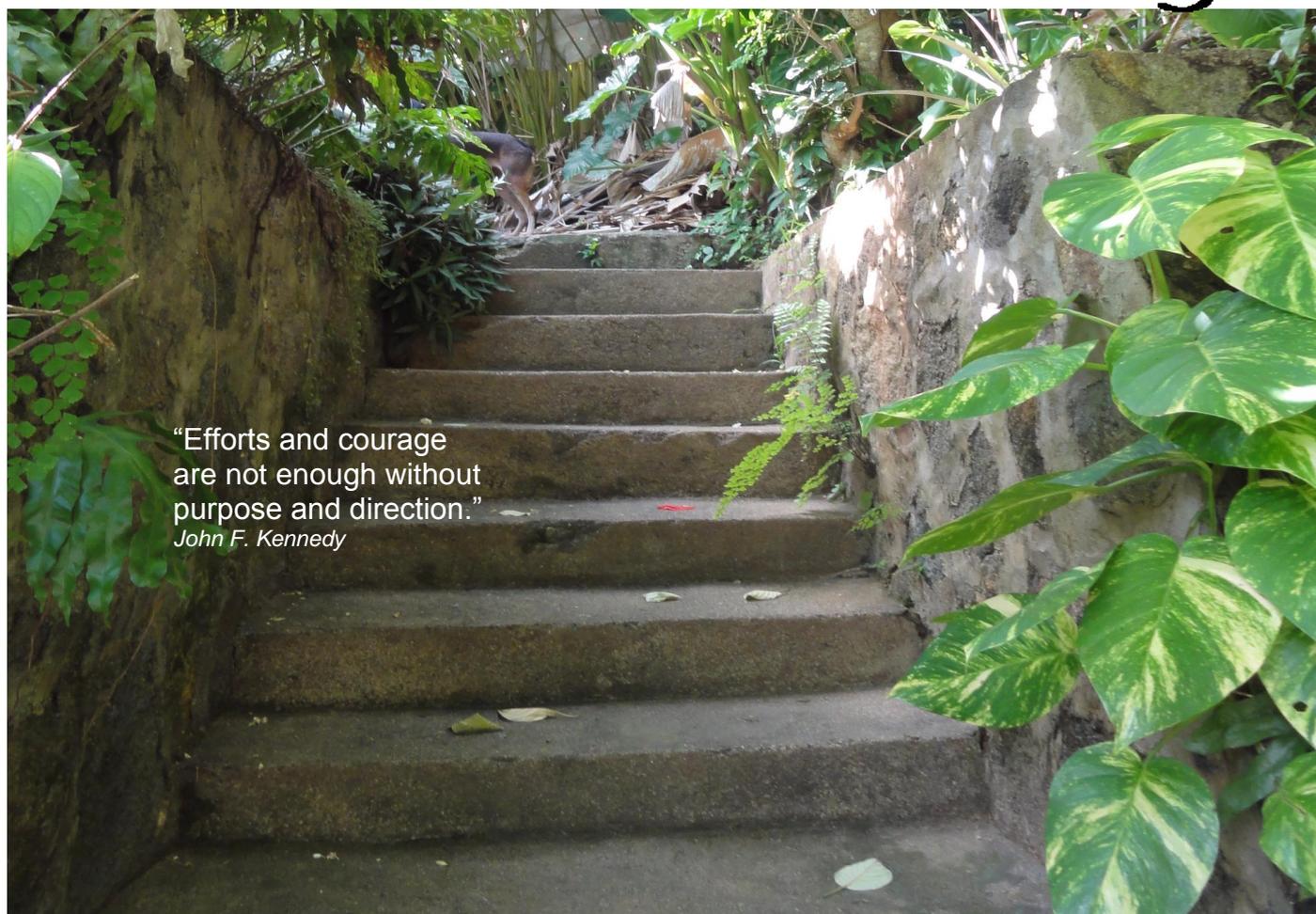
## Building a Global Movement for Change [UNSG]: The Promise (part 12)



Striving for our Seychelles

## “Working Hard at Working Smart” (part XXIV)

# The Value of Courage



“Efforts and courage  
are not enough without  
purpose and direction.”

*John F. Kennedy*

When success-minded people talk about achieving their goals and dreams, they talk of many elements: success, hard work, ideas, strategies, and information and on and on. There is however, one element of success that is often overlooked and I believe it is the key to all others...**COURAGE.**

*John Patrick Hickey*

## The future we want: The Promise: The Force Beyond

### Inspiration Ethics - The Value of Courage

*By Mark Sturgell, CBC, is a Certified Business Coach and president of Performance Development Network*

**Courage** --- *Noun*; conscious self-sacrifice in pursuit of something greater than one's own self-interest.

People are basically goal-oriented, seeking to satisfy wants and needs. But when pain or fear or any trigger of avoidance intrude, it is difficult to follow desire with action -- even if the goal is very important, the action critical and the rewards great. At these times, we need Courage. Courage is a learned thing, not borne into us but developed over time.

**"Whether you be man or woman you will never do anything in this world without courage. It is the greatest quality of the mind next to honour."**

*James Allen*

We too often think of courage in modern life requiring unique heroism or call to duty on a grand scale, such as in situations of rescue and war. Of course, in war humans sometimes fight because they are embarrassed not to. For courage to be authentic, one must encounter fear and prove superior to the fear through right action.

**Fear of what?** Most directly, *physical courage* exists in the face of bodily harm or death. In other words, physical courage is demonstrated by acting regardless of fear for one's life or livelihood. We need a different kind of courage than *physical courage* on a daily basis. Leadership character requires *moral courage*: to become a better leader; to stand up for what is right when we stand alone; to do what is right despite disapproval or negative peer pressure; or to take risks in our quest to achieve what is important. These take Courage -- without it we go nowhere, accomplish little, lack meaning and regret much. Courage is the primer for any other virtue.



**"Courage is not simply one of the virtues, but the form of every virtue at the testing point."**

*C.S. Lewis*

#### Courage to act in our own story

The opportunity to develop Courage occurs in the mundane story of our daily living where even tiny seeds of fear exist, where the danger is loss of integrity. In business and in our everyday life, Courage is rarely impulsive but results from self-conditioning -- a history of calculated bold moves based on firm convictions. The best leaders develop courage consciously, deliberately, over time, and it shows in their actions. A leader's story is a story of courage.

**"People who become good leaders have a greater than average willingness to make bold moves, but they strengthen their chances of success -- and avoid career suicide -- through careful deliberation and preparation. Business courage is not so much a visionary leader's inborn characteristic as a skill acquired through decision-making processes that improve with practice."**

*Kathleen K. Reardon, Courage as a Skill, Harvard Business Review, January 2007.*

#### Virtue at a cost

**Courage is not the only virtue.** Courage begins things: it is a precursor for Faith, Love, Change, Persistence, Authenticity, Trust, Service and every other value. C. S. Lewis once said that the virtue of courage is a prerequisite for the practice of all other virtues. In other words, one is virtuous only when virtue has a cost, a price we are fearful to pay.

**Without courage we do not get started on what is important;** we do not take right action; we live in fear of the consequences of virtue. Every day we face decisions that begin, interrupt or sustain our courage-life pattern. Courage is your cupid's arrow for everything you really want to have, to do, to create, or to become, no matter how mundane or how wonderful the rewards.

**Remorse makes a dreadful companion.** Anyone can learn to live with pain. Anyone can learn to live with fear, embarrassment, ridicule and separation. We can learn from failure. Yet nothing will divert your gaze into a mirror more quickly than shame. Remorse for inaction and regret for wrong action is more difficult to overcome; the cure for both is Courage. Courage leads to right action. Right action requires courage. It takes courage to admit a mistake, still more to make amends. No matter what the consequence of noble Courage, it is never worse than the discovery that you are less than you pretend to be.

## Raising Good Kids: The Value of Courage

*Wahm.com*

**Courage is a very important component of growing up.** It is required in the very decisive moments of life and in day-to-day affairs. It can be required during physical activities (as when trying to scale a high wall), or when making moral decisions (e.g. doing the right thing despite the possible negative repercussions). It is important that children realize the importance of courage as early in life as possible; it will help children to reach various milestones in life despite the hardships and the temptations that come along the way.

### Independence and Prudence Early On

**Early on, encourage your child to be independent.** Do not be overprotective and hover while your toddler is trying to walk despite any perceived weakness in this skill. Let your children pick themselves up every time they fall (i.e. unless it is a bad fall of course) because this will make them feel more capable. It will also make them more likely be unafraid of taking on problems and difficult situations later on.

**Teach them the value of being able to distinguish right from wrong.** Commend your children every time they return something which does not belong to them; share their toys or candy with a less fortunate child; and when they apologise and admit that they have done wrong. This will build the foundation of moral courage and push them to do the right things despite the possibility of not being able to gain, the possibility of losing something, or the possibility of being reprimanded.

### Real Courage

**You should also make them understand that being truly courageous is not synonymous to being foolhardy or fearless.** They should be taught that physical courage should be exercised with common sense. Showing off without regard for possible danger should not be condoned; children must understand that it is important to calculate the risks. Someone can be courageous without neglecting safety. Children need to know that it takes true courage to do the right things when the risks are known and when fears are overcome.

### Show and Tell

**Try to set an example for them and inspire them.** Your actions will have a very big impact on your children. Whenever you are faced with a very difficult situation, show your children that you are willing to take an unpopular stand because it is the right one. When you do this you give your children something that they will remember and reflect on every time they face a similar situation.

**If you have grandparents or relatives who have done heroic things, their story can be told.** If they lived during a war, tell your children about how they survived and fought for their country and for peace. Learning about the courage of the people close to them will have a strong impact on them. If you do not know anyone close to home who has done these things, then there are always the great personalities of world history who you can use as examples. **People such as Mother Teresa, Martin Luther King, Nelson Mandela, and others who have acted courageously despite their difficult situations can energize your children and strengthen their convictions.**

## Positive Inspirational Personal Growth Stories

### The value of moral courage

*By Michael Josephson, Founder and president of Josephson Institute, is also an award-winning radio commentator.*

Courage is a highly admired virtue. Most often we associate the word with physical prowess or bravery. But there's another form of valour that's much more important because it comes up more often. It's called moral courage - the willingness to face not physical danger but emotional pain, disapproval, financial insecurity, or uncertainty rather than compromise an ethical principle.

**M**oral courage is essential not only for a virtuous life, but a happy one. Without courage, we have no control over our lives. Our fears corrode our spirit and confine us like a barbed wire fence. That's why they say a coward dies a thousand deaths, a brave man but one.

**I**ntegrity is essential to self-esteem and the admiration of others. It requires us to put our comforts, possessions, friendships, and even jobs at risk in the defence of deeply held principles.

**I**t takes moral fortitude to be honest at the risk of ridicule, rejection, or retaliation or when doing so may jeopardize our income or career. It takes boldness to be accountable and own up to mistakes when doing so may get us in trouble. It takes backbone to stand tough with our kids when doing so may cost us their affection.

**M**ark Twain said, 'Courage is not the absence of fear but the resistance of fear, the mastery of fear.' To paraphrase President Franklin D. Roosevelt, the enemy is not what we fear; it is fear itself. If our insecurities and anxieties cause us to lose confidence in the power of virtue, we will lose something very precious.

**P**eople with moral courage rarely get medals, but it is the best marker of true character and a virtue others can be proud of.



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## Gratitude to our Heroes

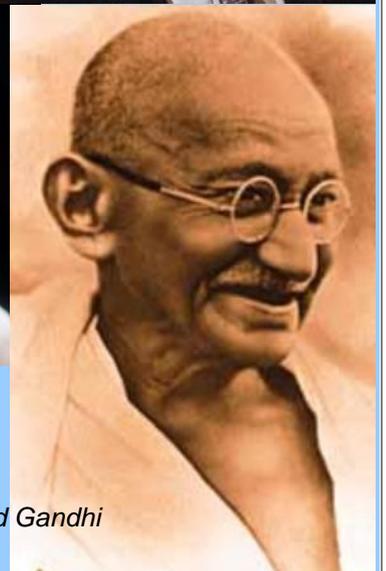


*Nelson  
Rolihlahla  
Mandela*

*Martin Luther King, Jr*



*Mother Teresa*



*Mohandas Karamchand Gandhi*