

Courage Monthly Culture Conversation

April 2022

University of Nebraska
Medical Center



Nebraska
Medicine

Courage Reflection



Assume Positive Intent

Where have you found yourself telling stories about a situation and/or person? How did that influence your moods or decisions?



Speak Up with CUS

How have you used this tool in the past month? What was the impact from these conversations?



Inclusive Integrity

Have you had an opportunity to switch from sympathy to empathy over the past month? What was the impact of that switch?

Last month, we began our discussion on Courage. Let's take a moment to reflect on how the three concepts helped us be even more courageous.



Courage in Action!

How can I continue to support Courage?

What behaviors or tactics do I want to continue, start, or stop doing with Assuming Positive Intent, Speaking up with CUS, and Inclusive Integrity?



Simple Reflections to Boost Courage

Sometimes we tell ourselves stories about why something is happening in a certain way. Use these simple questions to assume positive intent, get curious, and start a courageous conversation:

- What am I pretending not to notice about my role in the situation?
- Why would a reasonable, rational, and decent person do this?
- What should I do right now to move toward what I really want?