

Sandra Ford Walston is the courage expert. She helps organizations and individuals to navigate life's challenges to claim and integrate the powerful virtue they already possess: courage. Her mission: awaken people to the original meaning of the word courage: "heart and spirit."

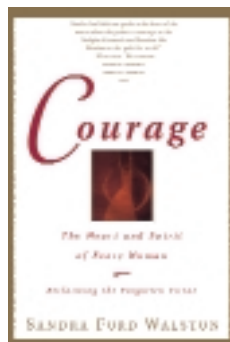
Known as the "claim your courage: step up to the next level" speaker, Sandra proves there is a direct correlation between your success quotient and your courage quotient.

"Sandra has a keen insight about how to provide practical and applicable skills, and how to hold people accountable for the results."

—Theresa Hart-Kanan, Past President
CO Women in Cable and Telecommunications

Researching the behaviors of courage for over five years launched the book *COURAGE: The Heart and Spirit of Every Woman/Reclaiming the Forgotten Virtue*. Sandra leads men and women to:

- Claim and apply the behaviors of courage
- Succeed amidst uncertainty
- Distinguish the importance of defining moments
- Bring personal passion to life
- Shorten your learning curve
- Step up to the next level



International author, speaker, seminar leader, and Courage Coach™, Sandra Ford Walston infuses wit and energy with interactive skill-based practices in her work with clients. Her most requested programs include communication, courage leadership, time management, sales, and women's leadership. She is qualified to administer and interpret the Myers-Briggs Type Indicator® and the Enneagram.

For more information contact:

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SANDRA FORD WALSTON

TOPICS:

Courage Leadership
Communication
Women's Leadership
Time Management
MBTI
Enneagram

13 minutes

Claim Your Courage: Step Up to the Next Level!



SANDRA FORD WALSTON The Courage Expert

Speaker | Author
Courage Coach™ | Consultant

*He who hesitates before each step
spends his life on one leg.*

—Ancient Chinese Proverb