

BODY/MIND/SPIRIT

The Courage to Lead

Transform Self,
Transform Society

To transform society, we first need to transform ourselves. *The Courage to Lead* starts from this premise and delivers a strong, simple message: if you relate authentically to life, the world, society and to yourself, you start the process of social change. Grounded in more than fifty years of in-depth research and practical experience in over thirty nations, *The Courage to Lead* uses a large canvas to paint a vivid picture of leadership in its many forms: personal, family, work, organization, community. Activist stories from around the world demonstrate the profound premise and inspires a deep understanding of leadership. This is a book that changes lives.

These days, the complexity of life tends to leave us paralyzed. *The Courage to Lead* will help people move out of their paralysis and invite them to join the ranks of those social pioneers who create what is needed for the 21st century. This book speaks to you in a strange language that you do not at first remember but that you will eventually recognize as your mother tongue.

David Patterson
CEO, Northwater Capital Management

The Courage to Lead provided me with a great deal of guidance and support at a time when I needed to make significant life decisions. It also provided me with a framework and a language to better understand who I am, where I needed to be and where I wanted to go. I recommend this course to anyone who is open to a transformative experience in which one brings many important life questions into focus.

Garret Keown
Teacher-in-Training, Lakehead University

325 University Health Network (UHN) staff have participated in *The Courage to Lead* study program over the last five years. The fundamental principles in the book align with our belief that "everyone can lead from where they stand." We think that leadership is not about a formal role or job title but about a philosophy, values and attitude in how one approaches life. This program has helped staff tap into the leader within themselves and, in doing so, has supported our mission to deliver excellent patient-centered care.

Irene Wright
Senior Development Manager, Human Resources, University Health Network



Educator and researcher R. Brian Stanfield was the Director of Publications for ICA Canada. He was the editor of *Edges: New Planetary Patterns*, a newsstand magazine, and also wrote *The Art of Focused Conversation*, *The Workshop Book* and a journal to accompany this book. Australian born, he worked with the Institute of Cultural Affairs (ICA) in many communities, especially in Australia, India, USA and Canada. A non-profit with a presence in 24 countries, ICA has 50 years of experience in organizational development, adult and child education, community development and methods of social change.

336 pages

Third edition



The Canadian Institute
of Cultural Affairs

THIRD EDITION

R. Brian Stanfield

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