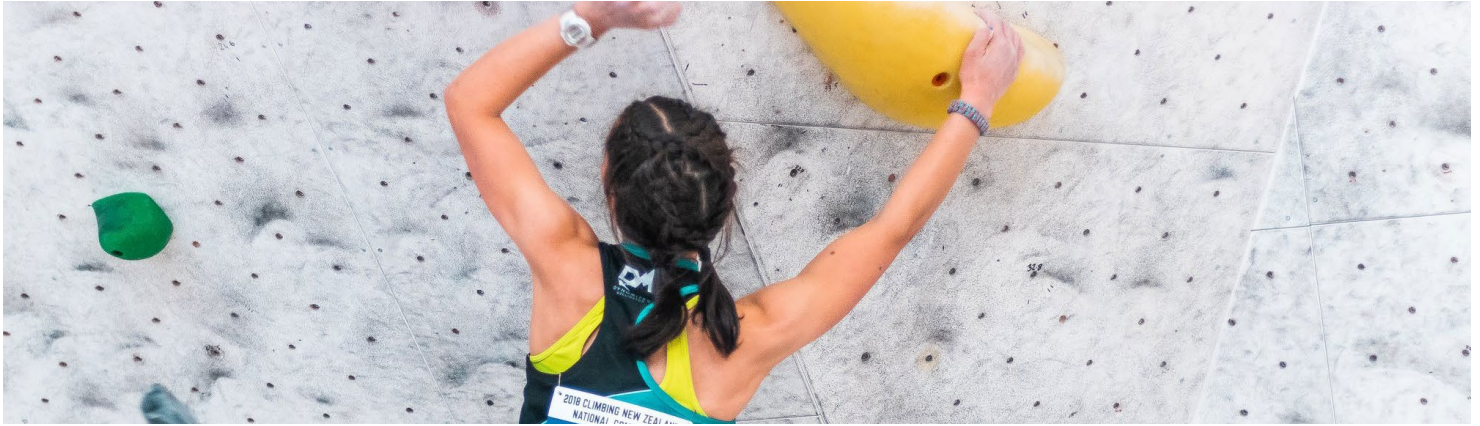


Comfort Zone or Courage Zone - Where do you live your life?



Do you live your life in the comfort zone or courage zone?

What kind of role does vulnerability play in your life? And do you embrace it, or run from it?

Our team in the Performance Hub are embracing vulnerability this year, and as part of the Wellington City Council Sport Talent Development Programme they're running a seminar series around the theme:

Strength in vulnerability: Discovering your inner strength.

So that got us thinking, *what does vulnerability look like in your life?*

According to American researcher Brene Brown, courage, in particularly the courage to be vulnerable, to embrace life's imperfections, is what makes people "whole-hearted". And "whole-hearted" people find worthiness in their lives.

They believe they're worthy of love and belonging. They believe they're worthy of connection.

And connection is what humans ultimately seek. It's what we crave and desire. It gives us purpose and meaning in our lives. It makes us happy.

Do you allow yourself to be vulnerable?

According to Brene Brown, allowing yourself to be vulnerable, to move from the comfort zone to the courage zone, is how people find happiness in their lives.

As part of the Performance Hub's seminar series, they will be asking athletes to do just that. From seminars that challenge the athletes to navigate through an obstacle course, to sessions that invite them to act out certain character traits, the selected athletes will be guided to get comfortable being uncomfortable.

How can you incorporate vulnerability into your work?

If you want to hear more from Brene Brown about the power of vulnerability, we suggest you check out her Ted Talk below. If you don't have time to watch the whole 20 minutes, at 16:35 she talks about "numbing vulnerability" and at 17:41 she discusses how this is especially dangerous for our children.

https://www.ted.com/talks/brene_brown_on_vulnerability?language=en