

Keepers of the Flame 2019

Understanding Our
Relationship with **Risk**



Presented by Nina Atwood

Definition of Risk:

Any action we take with
an uncertain outcome

For today:

NOT everyday risk

Risk we take on
voluntarily



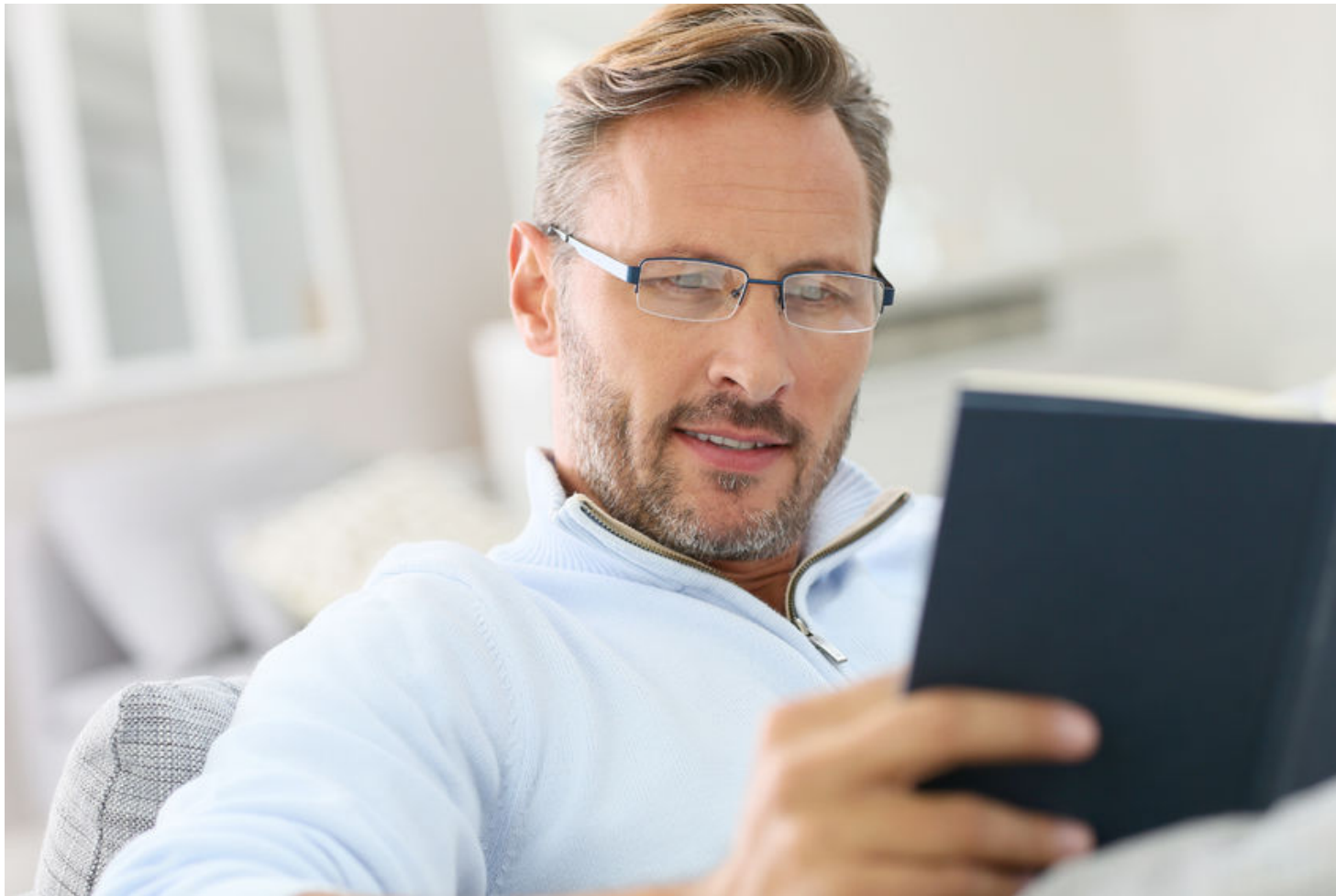


Handing husband
the book





What I
[feared]
risked



What I
saw

Our Relationship with Risk

Risk | **Vulnerability** | **Courage**





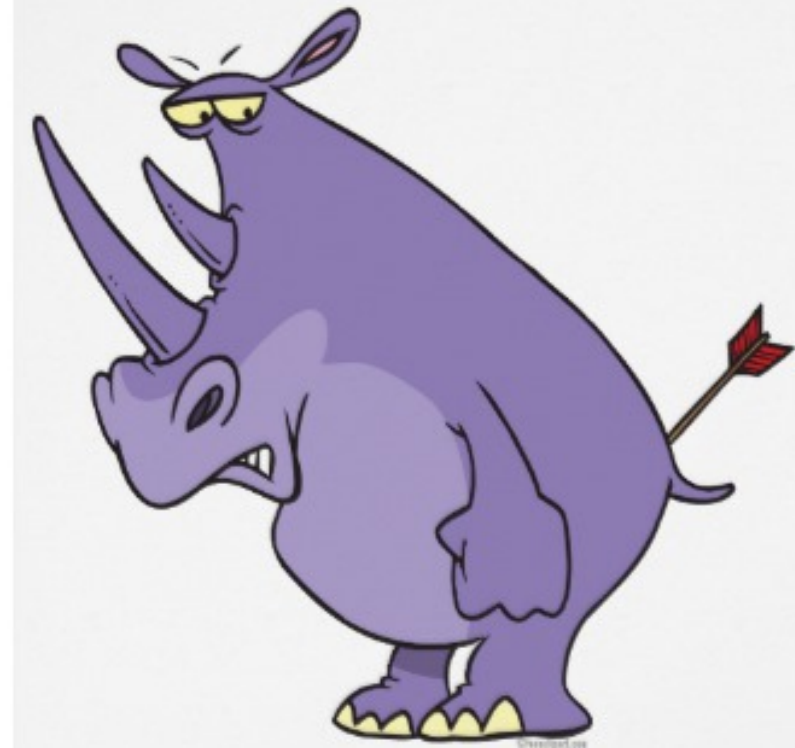
Risk | Vulnerability | Courage

“**Vulnerability** is what we feel when we are present to **risk**, uncertainty, and emotional exposure.”

“After thousands of hours of research, the conclusion: *There is no **courage** without **vulnerability**.*”

- Brene' Brown

“You know
you’re out
front when you
have arrows in
your butt.”





Our Relationship with
Risk:

Mixed

Risk | Vulnerability | Uncertain
Outcome | Emotional Exposure

Potential Reward | **No Real
Rewards Without It**

No guarantees



Keepers: A Place Where We Take Risks

- Open up, share
- Take things out in the open, turn them around, look at them differently
- Take risks, try things on
- Envision going back and taking risks in our lives

Our Relationship With Risk: Questions to ponder and share

Looking Back:

1. **Think of a time you acted courageously**, took a significant risk: what did you risk? What was uncertain about the outcome?
2. **Still thinking of that time you acted courageously**: What was your emotional exposure? What was the reward?

Looking Forward:

3. **Where in your life are you holding back** due to risk, uncertainty and emotional exposure?
4. **Explore taking that risk** in your breakout group: what is the risk? What is uncertain about the outcome? If you acted courageously, what is the worst thing that could happen, and could you live with that? What is the potential reward?