

THE COURAGEOUS LEADERSHIP PROGRAM

Learn the tools and skills you need to bravely show up authentically human, become the best version of yourself, and maximize your positive impact.

Day 1: Understanding Your Inner Operating System

Part of showing up as a leader is learning to show up as your best, fully authentic self. On day one, we help you unpack your inner operating system—your default response patterns—to understand how they both support and limit your ability to lead courageously and stay future-ready.

Module 1: The Future's So Bright [The World Needs Your Courageous Leadership]

- Understand what it means to live and lead in a world where disruption is constant—and what the future now requires of all of us.
- Identify which **Faulty Programs** are part of your inner operating system.
- Define the two games of leadership and why we must develop a strong inner game first.
- Identify your personal call to courage and how your Faulty Programs get in your way.

Module 2: This is My Fight Song [Show Up; Don't Armor Up]

- Understand the importance of **The Frame** and paying attention to the lens we use to make sense of our experiences.
- Leverage **The Choice Line** to see how your position “above or below the line” shapes your experiences and outcomes.
- Identify what you need to show up as the best version of yourself.

Module 3: Shake it Off [Build Trust, Boundaries and Resilience]

- Identify the anatomy of trust through key trust behaviors.
- Learn how to set and honor healthy boundaries.
- Apply key tools to foster a sense of mattering in others.
- Explore how to build resilience and get back up when you fall and mess up.

Day 2: Upgrading Your Inner Operating System

Once you're aware of when your inner operating system is serving you well and when it's getting in your way of showing up as a courageous, future-ready leader, it's time to start the upgrade process.

Module 4: Don't Stop Believin' [Shift Your Self-Limiting Mindset]

- Understand the pitfalls of operating from an inward mindset.
- Define an outward mindset and learn how to leverage it to maximize your impact and results.
- Identify and reframe your head trash (i.e., self-limiting narratives and mindsets).

THE COURAGEOUS LEADERSHIP PROGRAM

**100% of past
participants said they're
very likely to recommend
this program to others!**

Day 2: Upgrading Your Inner Operating System, *continued*

Module 5: Man in the Mirror [*Start the Upgrade Process*]

- Set an improvement goal and, through the **Immunity to Change** mapping process, identify how and why you're standing in your own way.
- Apply the 3-step upgrade process to kick your Faulty Programs to the backseat and step into your greatness.

Module 6: Born This Way [*Embrace Your Superpowers*]

- Clarify your WHY, HOW and WHAT.
- Define your core values and identify key behaviors that show you're in and out of alignment with those values.
- Create your leadership vision and learn how to lead more authentically.
- Leverage simple AI prompts to own your magnificent, authentic self and stand out for your gifts.

Note: If you've previously completed the WHY.os Discovery, you can gift your WHY.os Discovery included in this program to a friend.

"Leadership is maximizing our positive impact on the world by becoming our best, fully authentic selves and supporting those around us to break past barriers and step into their greatness."

~ Salveo Partners



Ph.D., MPH, BCC



Instructor Bio

Dr. Rosie Ward is an energetic, passionate, compassionate leader, consultant, coach, speaker, and author who focuses on transformation from the inside out. Her mission started over 25 years ago when she experienced firsthand the ill effects of working in a toxic work environment and found her wellbeing eroding. Since then, she has worked tirelessly to find a solution, so this experience is no longer the norm. In 2024, Rosie earned a Female Voice Award for Business Coach of the Year as well as a Top Voice in Leadership, Leadership Development, and Culture on LinkedIn. She is sought after to help rehumanize workplaces so that people are freed, fueled, and inspired to bring their best selves to work – and home – each day.

Rosie serves as CEO and founder of Salveo Partners, which was awarded the 2023 Stellar Business Award for best business consulting in the United States. She focuses on future-proofing organizations by strengthening culture and equipping leaders and teams to show up courageously and navigate change and disruption more effectively. A fierce advocate for humanity, Rosie consults with organizations of all sizes and industries and coaches leaders to be more effective. She volunteers her time on several nonprofit boards.

Her first book, *How to Build a Thriving Culture at Work: Featuring the 7 Points of Transformation*, has served as a blueprint for hundreds of organizations to break past old, outdated paradigms and rehumanize their workplace. Rosie's second book, *Rehumanizing the Workplace: Future-proofing your organization while restoring hope, wellbeing and performance*, won a Reader's Favorite award. Her latest book, *Future-Proofing Leadership: Navigating Change and Disruption to Thrive in an Uncertain World*, will be released in June 2026.

A lifelong learner, Rosie devotes herself to her own ongoing development and shares her insights with others. In addition to having a Ph.D. and numerous certifications, Rosie trained with Dr. Brené Brown as a Certified Dare to Lead™ Facilitator. Some call her the "Ph.D. with a personality". She is known for challenging and inspiring people to think differently about what it takes to become the best versions of themselves, and for helping organizations foster their growth and development. She has an incredible gift for taking complex ideas about culture, leadership, behavior change, and what it means to be human and synthesizing them in a way that makes them relevant, understandable, and meaningful for people.

Rosie is also the host of the award-winning podcast, *Show Up as a Leader*, which ranks in the top 10 percent of leadership podcasts and reaches people in more than 90 countries. She currently lives in Minneapolis with her husband and son.



rosie@drrosieward.com



drrosieward.com



[drrosieward](https://www.facebook.com/drrosieward)



[rward](https://www.linkedin.com/company/rward)