

# Courage and Renewal

*Courage and Renewal* is based on the work of Parker Palmer and his book *Let Your Life Speak*. The Courage and Renewal Centers located through out the U.S. bring this work to life through facilitated groups, safe circles of trust, and guided imagery and poetry through a group of trained facilitators. The purpose of the work is to help those in caring and service professions to be grounded in who they are, inside and out, or authenticity. To create a powerful connection between the inner and outer person that allows them to live more fully.

Parker Palmer described the work as - *"Is this person the same on the inside as he or she appears to be on the outside? Children ask this about their parents, students about their teachers, employees about their supervisors, patients about their physicians, and citizens about their political leaders. When the answer is yes, we relax, believing that we are in the presence of integrity and feeling secure enough to invest ourselves in the relationship and all that surrounds it"*

## Resource Link:

<http://www.couragenorthtexas.org>

