

# Sonia McDonald's New Book — 'First Comes Courage' Sets A Paradigm For Courage-based Leadership Driven By Bravery, Kindness, And Inclusion

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A timely, actionable guide for leaders, teams, organisations, and anyone looking to take on a deep and abiding sense of courage — one that inspires a people-first leadership that drives meaningful impact and organisational success.

A plethora of book releases serenades our online and brick-and-mortar bookstores regularly. Once in a very blue moon, there seems to be that one that ticks all the boxes for a resource of incalculable value — career advancement, personal development, and a 'bull's-eye' timing given its high social relevance. "First Comes Courage", written by Sonia McDonald, founder of LeadershipHQ and McDonald Inc. as well as one of the globe's leading speakers on Leadership, Courage and Kindness, is just such a case.

In a world plagued with poor leadership fueled by power tussles, poor vision, a cling to popularity, and appallingly scarce levels of human empathy, and at a time where we face new realities that are bound to test leadership capabilities to its humanistic core, 'First Comes Courage' offers nothing but answers.

In her book, Sonia chronicles inspirational stories of courage from her experience and others to empower readers with kind, courageous and inclusive leadership that helps them to win at their workplace and in life.

Sonia's watershed book is a valuable addition to her first book releases namely 'Just Rock it!' and 'Leadership Attitude', both of which are also centered around helping to build capacity for leadership in individuals, teams, and organisations.

"While researching and writing this book for many years before the COVID pandemic, I knew it would create the impactful change we need in the leadership space, and for everyone globally." said author and founder of LeadershipHQ and McDonald Inc, Sonia McDonald, "I never anticipated the need and impact being so overwhelming. Now more than ever, we need that courage, impact, and kindness for 2021 and beyond. And that is all down to us now knowing that the secret sauce to ultimate leadership lies in courage."

From voyages of self-discovery to experiments of self-evaluation, practicable hacks for personal growth that help you find your inner courage, and everything in between, the book, featuring 15 chapters, sets out to demystify purposeful leadership using courage as an emotional conduit. Sonia also takes stock of the Courage Compass — an introspective intervention primed to help people struggling to find their inner courage by rendering insights into your belief, behaviour, and value system against the four pillars of Courage: Kindness, Purpose, Resilience, and Impact.

Whether a clarion call to a new-and-improved dimension to leadership that our global society is currently begging for or a carefully considered selection of contemporary, practicable solutions to grace you with some pep in your steps for your next courageous career move, this book is the ultimate blueprint.

Reader testimonials tell the story. Have a glimpse into what Daniel Maddison had to say "Sonia's philosophy of leadership in her book is not just worth pondering, but also practicable. It's remarkably easy to digest. 'First Comes Courage' is a wonderful blend of leadership savvy, relational insight, and a solid appreciation of a topic of global relevance in a new era. This one stays on my bookshelf as a worthy reference. Highly recommended!"

Another raving fan of Sonia's book is Edward Bonel "Easy to read, insightful, and full of examples. Every chapter is well-crafted to provoke and inspire long-term action. It provides a stepwise approach to being a Courageous Leader. This book is very relevant in building the sort of leadership that assists in executing strategy into action. I highly recommend this book to individuals who want to become more effective in their leadership style."

An award-winning author, Sonia is renowned for a brand of inspirational leadership that beckons on leaders to set them on a path to emotional intelligence and purposeful leadership. She does this with courage, commitment, and candour. Her life and work are irrefutable proof of the impactful change leaders can drive within their communities, and globally.

To learn more about this novel-yet-inspiring take on leadership, 'First Comes Courage' is available on Sonia's website, Amazon and Booktopia. To contact Sonia as a keynote speaker at your conference, workshop or event, visit: <https://soniamcdonald.com.au/contact/>

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#### Related Links:

<https://soniamcdonald.com.au/> <https://www.leadershiphq.com.au>

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