

FEAR ... Friend or Foe?

Imagine being a leader with fear as your friend!

With the mindset of “fear is my friend,” transform mindless destructive reaction into mindful constructive response.

Fear is a powerful force. It can limit our ability to function, paralyze us – or afford us temporary super-human strength (like lifting a heavy object off a trapped child). To have fear as a friend, we must first see if it’s real or not. Regardless if fear is real or imagined, our psycho/emotional response is the same. Our experience, either way, is very real, yet how we process fear is unique to each of us.

The neurological response to fear produces the same chemical response in our physiology as enthusiasm or excitement. So, having a friendship with fear can be invigorating – even fun – when we welcome and honor it. Fear is never our foe when we face, embrace and befriend it.

The truth is, real or imagined, fear is always our friend. It either warns and protects us – or inspires us to acquire the knowledge and skill we may currently be lacking. With the mindset/skillset of “fear is my friend,” we transform mindless destructive reaction into mindful constructive response. A question for leaders, managers, sellers, buyers, tech support, customer service, etc.: Does fear work for or against you? Is it your friend – or your foe?

Barry is a fear expert. His vocation is Advisory Leadership Consultant. His avocation is a Certified Ski Instructor. Both require the integration of a fearless mindset and skillset – literally needing to befriend what at times we fear most.

As a leadership consultant for 35 years, and ski instructor for 27 years, Barry’s insightful and entertaining presentations are a delightful blend of personal experience and profound professional discovery.

There are speakers who consult and consultants who speak. Barry happens to be both. Experience and expertise come to life in customized presentations – creating an amazing event.

Ideal Audience:

Leadership | Sales Teams | Hospitality | Financial Services
Creative Entrepreneurs | Small Business Owners

Length:

45–60 min Keynote
30–90 min Breakout



BOOK IT!

KEYNOTES

Presented by

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FEAR EXPERT

