

Topic:	Courage
Raw format:	Coaching/Self-coaching exercise
Code:	Courage_coachingex_18_overcoming fears through action
Title:	Overcoming fears through action
Associated uses:	Activity, Exercise, Flowchart, Self-awareness exercise
Associated words:	Bravery, Daring, Mettle, Valour, Heart, Guts, Stamina, Tenacity, Pluck, Fearlessness, Perseverance, Grit, Gumption, Stoutness, Gall, Backbone, Dauntless, Intrepid, Spunk, Fibre, Boldness, Audacity, Temerity, Determination, Nerve, Endurance, Resolution.
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Overcoming fears through action

- Think of any professional situations that trigger a sensation of fear in you. List them.
- Take each situation and set yourself an ambitious but reachable objective for the future (ex. Next time I make a presentation in front of the Board, I will ensure that I maintain eye contact)
- Confronted with the same or similar situation, put into action your objective(s).
- Do it again.
- And again.
- Keep a note of the experience on each occasion.
- Did each fear occur *systematically*?
- What progress have you made?
- How do you feel at present?
- What has happened to your initial fears?
- How can you improve even further?
- What conclusions can you draw?

Notes/Action:

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