

CREATIVE CONFIDENCE: LIVING ON THE OTHER SIDE OF FEAR

Welcome to this presentation. This course is meant to equip you with strategies and tools to handle fears, worries, or limiting beliefs that may be holding you back from reaching your goals or experiencing growth in your professional career.

MY PROFESSIONAL FEAR



MY SYSTEMS

Things I will do to refocus my parasympathetic system:

- 1.
- 2.
- 3.
- 4.

NAME IT TO TAME IT

List all the emotions one can experience:

Part 2 - Add to your list:





MYELINATING YOUR MOMENTS





MY PROFESSIONAL SUCCESS

Please reflect on 2 things that you will do from this presentation to move past any fears you have.

- 1.
- 2.

You CAN do it!

