



Facing your Fears

Webinar 2 hours

Dedicated to all the people who know that it is impossible to live a fearless life but want to learn how to better face them and, eventually, overcome them.

This Webinar allows you to reflect on two main forces apparently opposite:

- ✓ FEAR: recognize it, admit it, talk about it. It is not an act of weakness to experience fear, on the contrary, it is an act of strength.
 - ✓ COURAGE: the opposite and positive side of fear, which includes the ability to analyze the fear, recognize the possibility to deal with it and, finally, elaborate and resolve it.
 - ✓ Learn from True stories of fear and courage.
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Webinar 4 hours

In addition to the objectives and content of the 2-hour Webinar, we offer the possibility to recognize and address one's fears and to find the courage of resilience:

- ✓ COMFORT ZONE, LEARNING ZONE and PANIC ZONE: a journey on these three different and emotional zones.
 - ✓ RESILIENCE: How to recover from adversity without returning back to the "way we were" by using the lessons learned as an opportunity of personal growth and development.
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Webinar 8 hours

In addition to the 4-hours Webinar content and objectives, we suggest the opportunity to train and increase your personal resilience by reflecting on:

- ✓ Your STRESS FACTORS: Recognize your own personal stressors.
- ✓ PREVENTION FACTORS: Put in place all the "survival mechanisms" we can rely on to control and neutralize the stressors.

