

Say No to Fear and Change Career

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Introduction



I'm Norma ;)



Irish and based in Newcastle, UK

Coach,
trainer,
leadership
development
consultant,
speaker

Over 15 years' corporate
experience and a squiggly
career:

- Solicitor
- Construction PM
- Management consultant
- Organisational change manager
- Leadership development consultant
- Professional coach

Recovering perfectionist
and people-pleaser! ;)

Biggest passions include
personal development
and travel.

I have worked in Ireland, UK,
US, France, Luxembourg,
Belgium and Australia

Founder of
The Way Home Consulting

I help ambitious professionals to realise their full potential and thrive in their career, so that they can finally feel fierce and free!





Agenda



What is fear and why does it hold us back?



Seeing fear as a gift, with clues as to where we need to go next!



Using your 'why' to overcome fear and go after your ideal career!



Unpacking Fear

Fear = an unpleasant emotion caused by the threat of danger, pain, or harm
(Oxford dictionary)

Real or Psychological?



F - False

E - Evidence

A - Appearing

R - Real



Fear v Intuition

False Self (Unhealthy Ego)

- Feels not good enough
- Critical voice
- 'What if' language
- Expects perfection
- Uses blame, avoidance, criticism or denial to deal with difficult situations
- **Voice of fear**

True Self (Healthy Ego)

- Worth not linked to external factors
- Compassionate voice
- Thinks in terms of possibilities
- Focuses on presence and progress
- Feels worthy and deserving of good things. Strong sense of capability and security
- **Voice of our intuition**



Fear as a gift!

“When fears come up to the surface, they are signs you are on the right track”
— Mel Robbins

“Everything you've ever wanted is sitting on the other side of fear”
– George Addair (19th century real estate developer)

F - Face

E - Everything

A - And

R - Rise





Overcoming fear

- 1 What are you afraid of?
- 2 Is this fear real or psychological (unhealthy ego-based)?
- 3 What is staying in your comfort zone costing you?
- 4 What do you stand to gain by taking action?
- 5 Why is it important to you, to have what you want?
- 6 What small step could you take towards your goal this week?



Overcoming fear



**“A ship in the harbour is safe, but that is not what ships are built for”
- John A Shedd (20th century American author)**





Take Action!



If you start to procrastinate or stories are coming up as to why you can't take action, ask yourself – what am I afraid of? Deep down, what am I really afraid of?



Listen to your fearful voice. Ask it what it needs? Reassure it that you know it is scared but you are a capable, resilient professional and that this change is in your best interests.



Seek out support to help you get to where you want to go! This may be a mentor, a person who can make introductions or a coach who can help you get to the root of what is keeping you stuck and who will partner with you to achieve your goal!



Your Destiny!



**If not YOU, then who?
If not NOW, then when?**



The Way Home

If you are interested in working me or would like to learn more about me, please feel free to get in touch!



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