



Personal Coaching With Stella's Mum



The power of fear

Personal coach, trainer and author ELISABETTA FRANZOSO explains why conquering our own fears can help us move forward in life more positively.

Fear is an emotion and energy which can paralyse you or move you forward – it's *your* choice!

Reality Check What are you afraid of? Every day, we're confronted with so many global issues – such as increased pollution and poverty around the world. For years, I've asked myself why so many of us choose to turn a blind eye and take no action to change this destructive reality, only to realise we do so out of fear.

Insight It's estimated two-thirds of our daily thoughts are fear-based. These fears can be categorised in two different forms – fear of the unknown and fear of conflict. Tracing back to ancient times, if you created conflicts within your tribe you were cast out – which almost certainly meant death. Today we still suffer from this hard-wiring, where most of us would choose to follow the crowd, rather than be individuals for the fear of being cast out.

Result Many of us continue to avoid conflict with almost everyone in our lives – to the extent we compromise our dreams, career, health, marriage and success. Are we fearful of being cast out, or is the root of our fear denying us who we truly are? And is our greatest fear pulling us away from living our lives authentically and fully?

Moving Forward All of us can re-programme our brain's response to fear by putting ourselves into new and initially uncomfortable situations, accustoming ourselves *not* to follow the crowd, but our own intuition.

Personally, I've come to believe fear rarely means *stop* and usually means *go*. It always indicates a need to listen to ourselves carefully. I've been scared to death more than once in my life. Mostly when I thought I was letting people down, or rejecting them by following my own intuition being authentic to live my life to the fullest. I believed I'd be hated – or in other words, cast out. These experiences taught me fear is just an energy, which we can use to our advantage, or be cowed by. **F**

Elisabetta Franzoso BA, Dipl.Psych, MSocSc

SIGN UP NOW!

Join Elisabetta's public workshops, **WellBeing in 4Dimensions** and **Communication in 4Dimensions** at Singapore Institute of Management. For further information email info@insideoutyou.com or call 6465 4605.

Elisabetta Franzoso is a highly self-driven coach and motivator for Communication/Self-expression and Wellbeing. Her passion is to empower people to achieve excellence and transform from the inside out. The founder of *InsideOutYou* – a corporate training company specialising in communication and wellbeing – she is the author of *Stella's Mum Gets Her Groove Back* (\$28.80, at bookstores and www.amazon.com) – an inspirational real-life testimony of how love, faith and hope can triumph over denial, guilt and shame.



STELLA'S MUM
Your Personal Coach

Stella's Mum Personal & WellBeing Coaching Services

Tel: 6465 4605/9621 3858

Web: www.stellasmum.com

www.stellasmumglobalmarathon.com

www.insideoutyou.com