

Be fearless...see where it gets you

Defining The Fearless Path to Change



What would your life look like if you could...

- Eliminate limiting perceptions
- Increase confidence
- Expand your vision
- Develop trust
- Communicate effectively
- Develop active listening skills
- Improve authentic impact
- Be more influential with others
- Be perceived more positively
- Increase morale and positive environment
- Improve relationships & expand your network
- Be more productive
- Have peace of mind & reduced stress
- Develop your powerbase
- Understand influence and its impact on culture
- Collaborate with influence
- Recognize the reality of your situation
- Apply strategies & daily habits to immediately boost resilience
- Increase your chances of creating a better career and life?

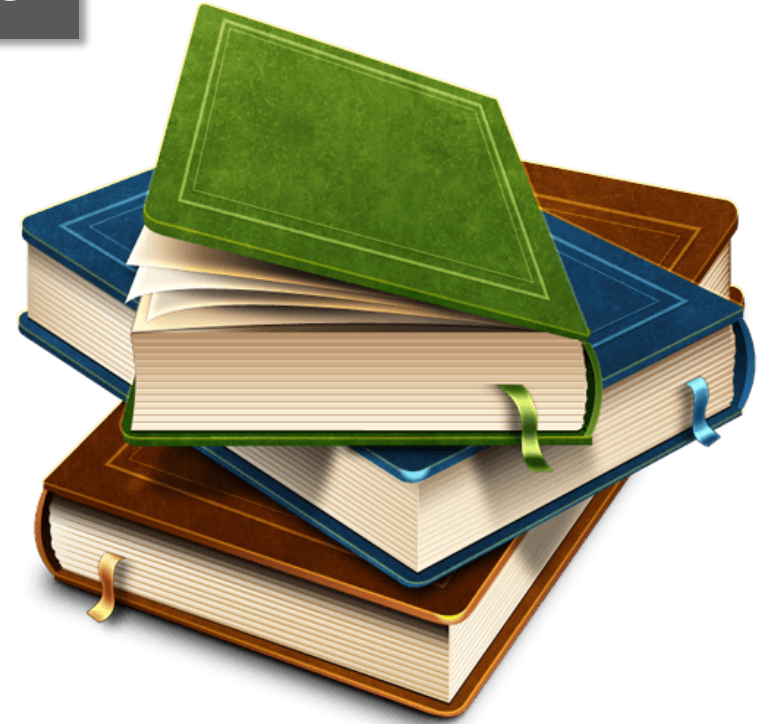
Costs & Consequences of Self-Limiting Beliefs

Individual beliefs are like chapters in a book that when you put them together, become your story.

Our beliefs have a direct influence over what we achieve or not.

Your actions are dependent on what you believe, which leads to specific results.

Belief impact your results:



Thoughts

Beliefs

Mindset

Actions

Results



A hand holding a small white picture frame in front of a scenic view of a beach and ocean. The frame shows a close-up of a cliff face, while the background shows a wide beach and waves.

Reframe A Limiting Belief

Choose Positivity

- Reframing is a technique that can be used to destroy both existing beliefs and ones that are about to form in your head
- Reframing is all about positive thinking
- Reframing is considering all the options
- Reframing is being willing to stay open and curious

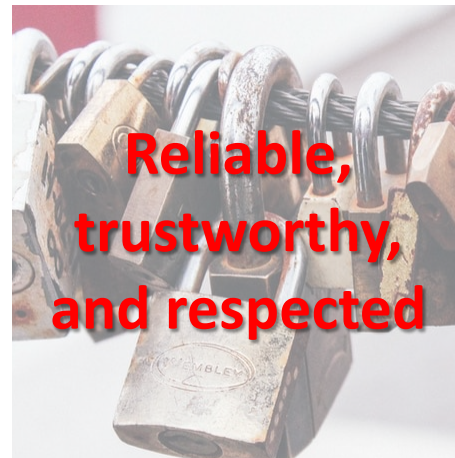
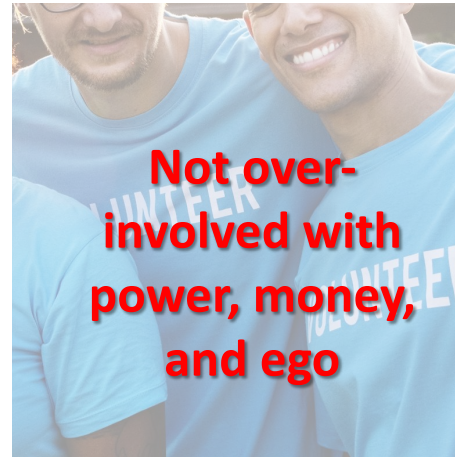


A background image showing several hands reaching out from the top and bottom of the frame towards the center, set against a dark, textured asphalt surface. The hands are in various positions, some pointing and others open, creating a sense of reaching or connection.

Are You Being Authentically YOU?

- Being authentic means being genuine, self-aware, and transparent
- Self-awareness builds authenticity
- Being self-aware allows to build positive relationships and inspire and encourage others in the right way

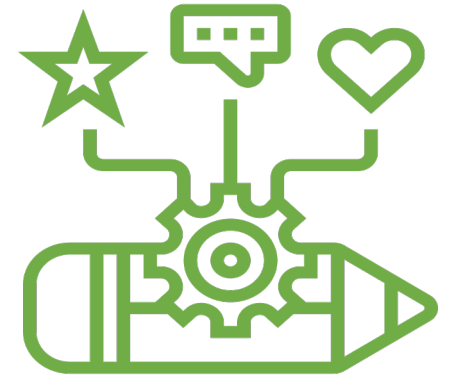
Being Authentic Means



What Do You Want From Work?

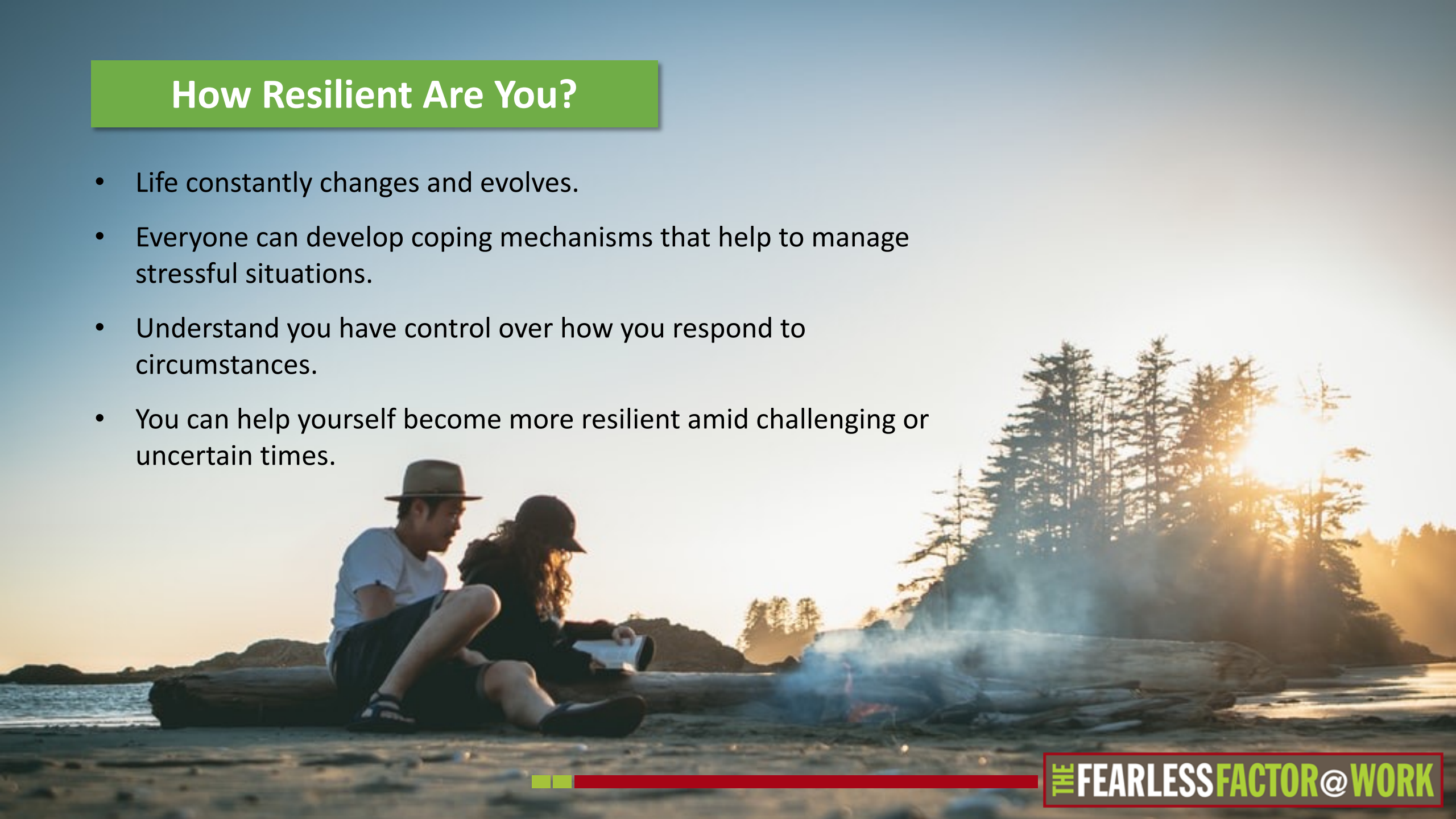
Look closely at all the needs that have been met at work.

- What's missing?
- What do you want more of?
- What do you want less of?



How Resilient Are You?

- Life constantly changes and evolves.
- Everyone can develop coping mechanisms that help to manage stressful situations.
- Understand you have control over how you respond to circumstances.
- You can help yourself become more resilient amid challenging or uncertain times.



How Resourceful Are You?

Resourcefulness is the ability to overcome or improve situations by coming up with new, “outside-the-box” solutions to a challenge.

- Where do you get stuck sticking to the same old, same old?

Resourceful people can see and understand the big picture – and the small details, too.



A purple flower with five petals and green leaves is growing out of a crack in a grey concrete sidewalk. The background is a blurred view of the same sidewalk extending into the distance.

Resilience

Resilience is the ability to recover from setbacks and adapt to challenging circumstances.

It is required to thrive and flourish.

Resiliency is a quality and a skill that can be developed and enhanced but requires effort and consistency.

Relationships



- Those who are truly resilient accept that they need an anchor through a transition.
- Who have been your anchors during these challenging times?





Adapting to Change & Staying Resilient

There are six ways to adapt to change and stay resilient:

1. Evaluate Your Level of Control
2. Practice Self-Care After a Loss
3. Check Your Thought Patterns
4. Understand Your Values to Build Resilience
5. Be in the Present
6. Focus Your Priorities



ARE YOU READY FOR CHANGE?

People tend to continue to do the same things until something forces them into change. This principle relates to every dimension of life.

1. Once stopped, it is hard to get going again.
2. Mental attitude is everything. Reframe limited beliefs to be more positive.
3. The direction you take is not as important as the act of beginning. Ask yourself what small step can I take today?
4. Getting somewhere is a function of doing, disciplining the mind, and finding ways to act. Watch for times when you limit yourself.
5. Believe in yourself, your abilities and act on what you want. Know that you are capable, confident and courageous.

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Learn more about my six-week accelerated Fearless Change Program designed to get you from point A to B faster than you think.

www.thefearlessfactoratwork.com/fearless-change-program or contact me directly
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THANK YOU

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