



Transcending the Fear Mentality

"High Intensity Emotional Intelligence"

Everything that we do that truly matters to us has an element of fear within it. No one is exempt from the effects of this negative emotion, and no one can escape the conclusion that we must take fear head on. In Brian Germain's masterpiece talk, this issue is examined from top to bottom, leaving no page unturned. The journey takes you on a path of exploration of the problem, and moves on to solutions that can truly help us to live in the Flow State as much of our day as possible.



"You motivate. I really enjoyed your storytelling and body language - It kept the educational facts interesting and fun."

**Vibeke Stomberg, Seminar
Participant, Denmark**

We have many possible futures ahead of us, as individuals and as a society. If we are to go beyond our habits of selfish contraction and negative expectation, we must look deeper into the process that creates our habitual reactions that lead us to a feeling of fear and powerlessness. By examining the inner workings of our thoughts and actions that lead us to be who we are, we

can unravel the cloak of fear and alter our living persona on a fundamental level. This is the only way that we will escape the patterns of the past, and go beyond what has been before.

No organization can produce at its highest level of competence in a climate of fear. We know that there will always be things to be afraid of, but we also know that that fear is never the answer. Brian Germain's lucid and humorous perspective on the human emotional experience will profoundly alter how you handle your negative thoughts and feelings. Brian teaches how to leverage our emotional intelligence in order to tap into the inner wisdom that comes to us packaged in this powerful physiological experience. This is the beginning of the Flow State, the mindset of optimal performance. Brian's many years as an instructor in various adventure experiences has led to a body of wisdom that can help us deeply in our daily lives.

The goals of the seminar are as follows:

1. **Educate** about the effects of fear: (Physiological, Psychological and Sociological)
2. **Explore** how these effects create significant problems in competence, productivity, communication skills, capacity for intelligent insight, and health.
3. **Discuss** the most common responses to stress in order to shed light on the profound ineffectiveness of many of these habitual coping mechanisms.
4. **Present** the most effective methods for diminishing fear in all its forms, and convert it into positive emotion in order to maximize our performance, ability to choose our focus of attention, communication skills, and overall state of wellness.
5. **Illuminate** the value of developing the skill of personal de-escalation and emotional re-direction for all members of an organization, particularly those in a leadership role.

"That was without a doubt one of the best, most enjoyable educational experiences I have ever had."

**Kevin Hawkins, Seminar Participant
Austin, Texas**

We are living in a challenging time. Fear has hindered the expansion of much of our culture and economy, and whittled away at the happiness of far too many of us. We must turn the corner and once again live bravely if we are to alter our current heading as a society, and as individuals. It is our natural essence to be courageous, and living in any other way will always make us feel as if something is missing from our lives.

As we awaken from the habit of fear-based thinking, we begin to expand our scope of possibility from mere survival to the pursuit of self-actualization. If we leave the fear at the door, we can expand our vision for ourselves to become the person we always wanted to be. When fear is no longer a governing factor in our thinking, we can allow ourselves to experience the deep sense of relief that leads to health, abundance, and most of all, happiness.

**To book Brian Germain's Fear Talk for your organization or company,
email us at: bookbrian@transcendingfear.com**

or call:

(703) 349-2639

Don't be scared, pricing is affordable!