



“The Positive Relationship between Fear and Performance!”

Why is there a positive relationship between fear and performance, I hear you ask? Most of my clients struggle with this possibility also. Their experience is probably similar to yours, in that they have found that the fear and anxiety they experience at work, in social situations, at school, public speaking and in the sporting arena actually reduces their performance and gets in the way of them reaching their goals. But there is a way to use fear and anxiety to better your performance.

My own search to understand fear and anxiety (as a client and practitioner), lead me to discover little known techniques that enable you to change the role fear and anxiety has in your life. Actually turning it into a powerful positive tool that when used correctly can increase performance and help you to reach your goals. A recent book I have read also supported my own findings.

Anthony Gunn (a psychologist based in NSW) stumbled across this idea also and decided to do some research to test the theory. His idea was to interview so called “fear professionals”, professional athletes, police, SAS soldiers, boxers, performers, martial artists and explorers etc and talk to them about how they deal with fear and anxiety. He believed that they must have some magical way of staying fearless in order to have accomplished what they do in their life.

However the opposite was actually the case, his research showed that these people still feel much fear and anxiety and probably more than most because of what they do. The difference was that they have much more effective ways of dealing with their fear and anxiety. This means that fear and anxiety did not hold them back in their life, but actually helped them achieve their goals. Quite an amazing find, don't you think?

Over the last few years I have been working on developing a program that takes clients through a structure process that will teach them the knowledge and skills need to turn fear and anxiety into a resource in their life. I have called this my Emotional Coaching Program. The program consists of 12 weekly one on one sessions that are designed to give clients the background knowledge and practical skills to transform the negative impact fear and anxiety have on their life. During the sessions all the material is learnt in a very practical fashion allowing clients to quickly start applying this new knowledge and skills in the real world.

Dean is a registered psychologist and natural therapist working in private practice in Coburg and Melbourne (St Kilda Rd). You can find out more about his approach to fear and anxiety on his websites, emotionalcoaching.com.au or he would be happy to answer any questions you may have, he can be contacted on 93842700 and email dean@activemindandbody.com.au.