

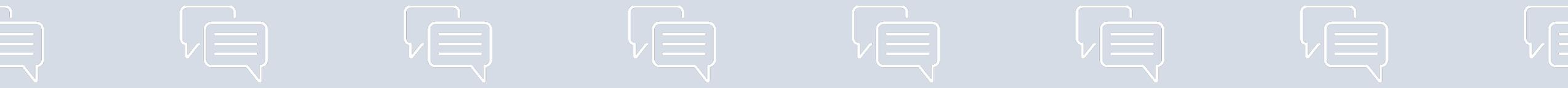
DEALING WITH FEARS

MAXIM IMASS

Organizational consultant,
business coach, psychotherapist

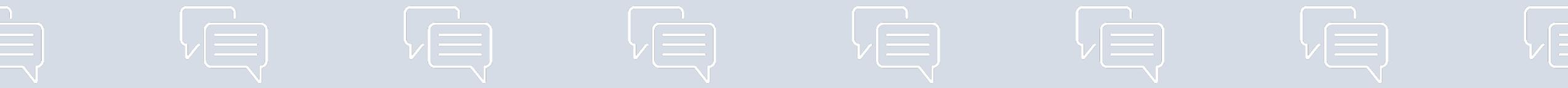


POLYTECHSTRASCHEG



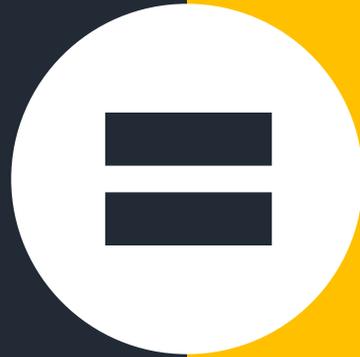
WHY I'M HERE?

SHARE YOUR EXPECTATIONS IN THE CHAT





FEAR



SAFETY

SUBSTITUTION OF FEARS



Aggression



Ignoring



Fatigue



Hyperactivity



IMPACT OF FEARS ON BUSINESS BEHAVIOR



HYPERTROPHIED FEAR

- ✓ Excessive analysis
- ✓ Reinsurance
- ✓ Inability to make a decision



MISSED
OPPORTUNITIES



NO FEAR

- ✓ Lack of analysis
- ✓ Rash acts
- ✓ Hasty decisions



UNJUSTIFIED
RISK

IMPACT OF FEARS ON THE TEAM



Misunderstanding,
fatigue



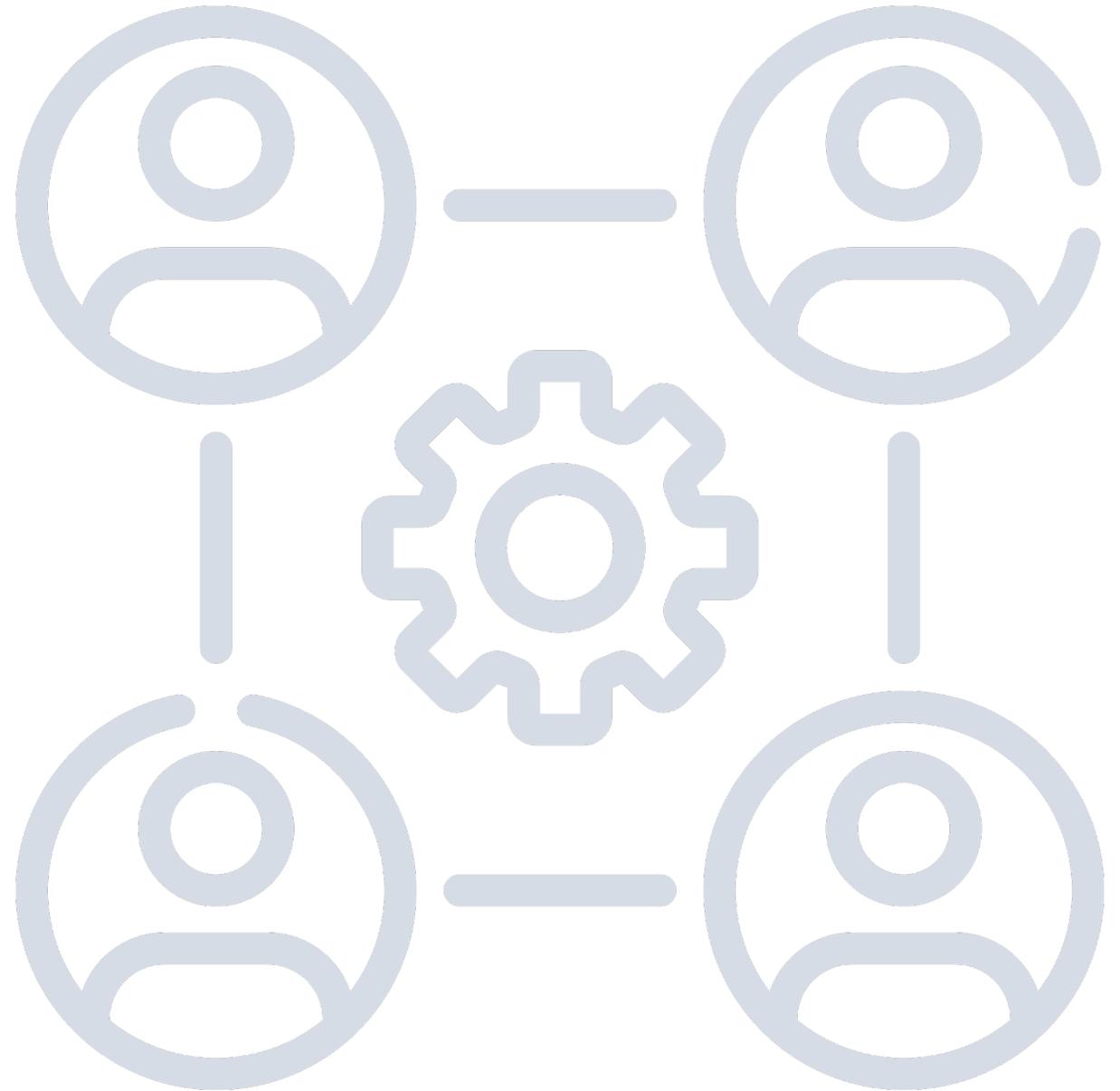
Resistance



Lack of ideas, creativity

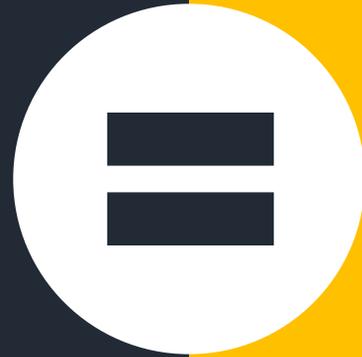


Criticism





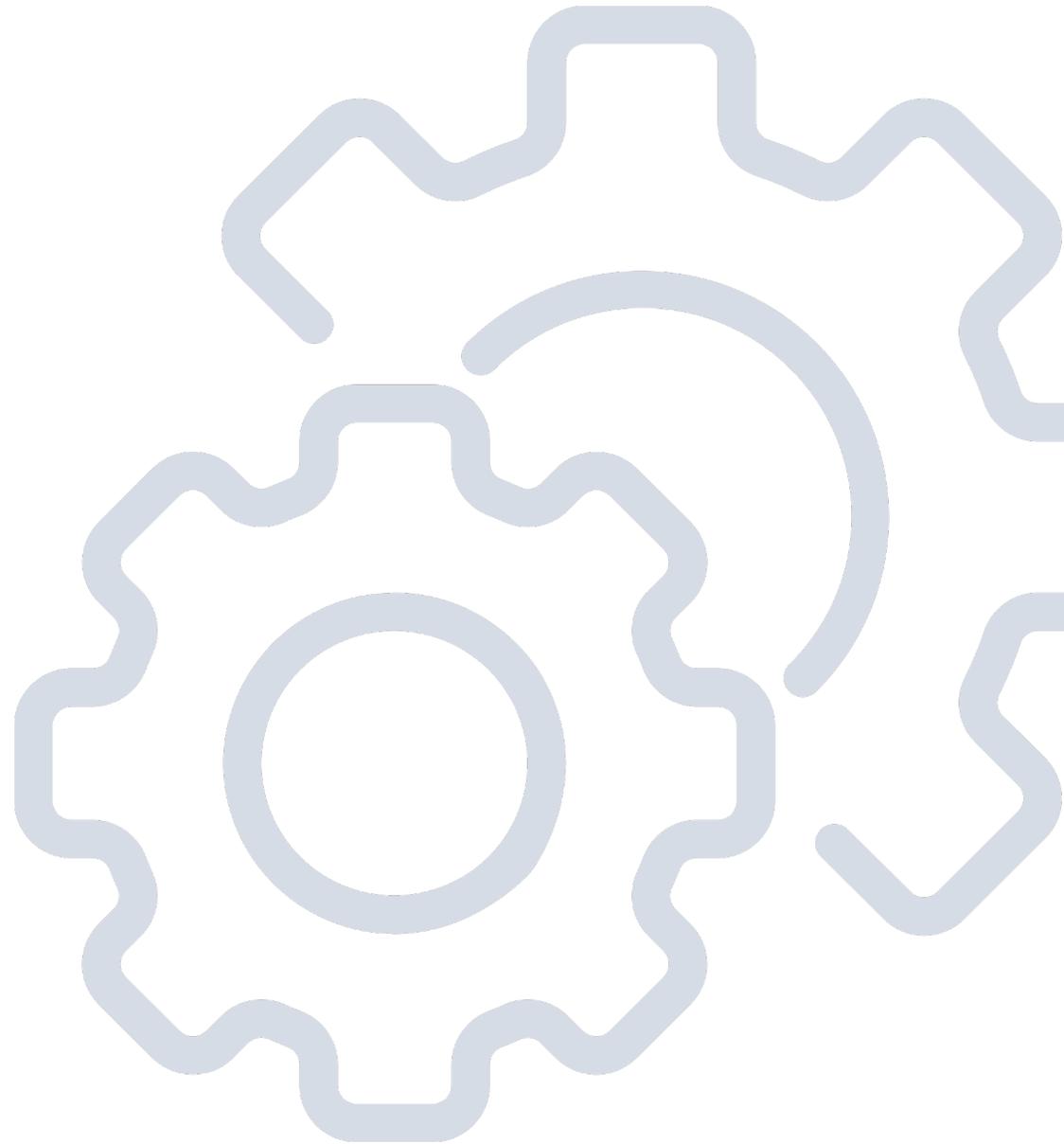
FEAR



SHAME

WHY DO WE NEED TO WORK WITH FEARS

- To feel free
- To feel more confident
- To make decisions
- To express ourselves
- To move forward





YOUR QUESTIONS



VIDEO EXAMPLE

THE REPLACEMENTS

What did you notice?

WATCH



TECHNOLOGIES OF WORKING WITH FEARS

SHARING



Listen to yourself



Track your feelings



Accept fear and give it space



Share with trusted people



TECHNOLOGIES OF WORKING WITH FEARS

GROUP WORK



**5 minutes for individual work
+ 1 minute per person in a group**

- Listen to yourself
- Track your feelings
- Share with the group: "I pay attention...", "I feel...", "I think/ believe...", "I want..."



TECHNOLOGIES OF WORKING WITH FEARS

RISK ANALYSIS



Step 1

What's at risk?

Example:
I'm afraid the market won't go up



Step 2

What happens if the risk take place?

Example:
I will be out of work



Step 3

How to get out of this situation?

- Example:
- I will update my resume on job search sites
 - I will write letters to recruitment agencies
 - Raise my working connections



TECHNOLOGIES OF WORKING WITH FEARS

GROUP WORK



**5 minutes for individual work
+ 1 minute per person in a group**

- Think of the risk and the consequences
- Think of how you will handle the situation
- Share with the group





FEEDBACK

WHAT AM I LEAVING WITH?

MAXIM IMASS

I successfully develop senior executives
and their management teams since 2005



+7 903 784 38 95



maxim.imass@gmail.com



maximimass.com

