

CATHY THOMPSON LEADERSHIP

FROM PRIMITIVE TO PRODUCTIVE: 3 STEPS TO HARNESS FEAR©

01

Stop.

At the moment we hear something that triggers fear, our brain jumps out of our head and we get jolted. The primitive brain kicks into the "fight or flight" mode and it becomes less helpful at dealing with this situation.
Before reacting, you need to stop what you are doing (everything!)

02

Breathe.

Now that you've stopped what you are doing, it's time to take a BIG breath (belly breath/diaphragmatic breathing). When you breathe in & out deeply, it elicits a calming response in our bodies and brains.

03

Get Excited.

When fear is triggered it seems counter-intuitive to think about excitement. However research supports the concept that when you tell yourself "I am excited" (over & over), you start to feel calmer and your brain starts to kick back in to become productive, instead of primitive.

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DO YOU NEED HELP SCALING YOUR BUSINESS? AN EXPERIENCED LEADER TO BOUNCE IDEAS OFF OF?

I'm here to help! I am truly passionate about helping female business owners reach their potential in business.

We work together to create solutions that work for YOU and YOUR business.

Two ways you can work with me:

1:1 customized & solution focused consultations (typically 1-2 hours)

VIP Days that will elevate your business and get you fired up to move forward

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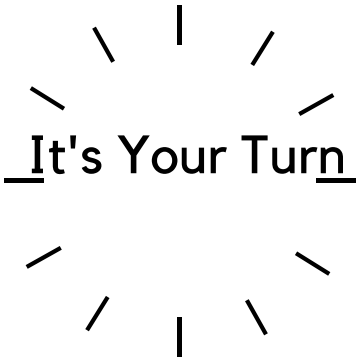

Now that you have the three steps, is there a fearful situation happening in your business where you can use this now?
Under each section, make notes as you work through this process

01 Stop.

Stop what you are doing.

02 Breathe.

Big belly breaths, in & out.
Do this until your body starts to relax, it might take a minute or two. Write down how you are feeling.

03 Get Excited.

Continually repeat to yourself "I am Excited". Do it until you ACTUALLY feel excited! (can take time) This is where the magic of this formula happens! Now you can focus on problem-solving and creativity.
Write down all of the reasons WHY you are excited about this situation. Creative solutions and a new perspective will surface.

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