



How Leaders Harness Fear Energy for Positive Growth

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As a global transformational growth coach and consultant, I have seen many leaders face challenges and uncertainties in their personal and professional lives. Fear is a natural and powerful emotion that can either paralyze us or propel us forward. In my book *Reinvent Yourself*, I share how I overcame my own fears and reinvented myself as a boxer, an author and keynote speaker. I also share how you can harness the energy in fear to reinvent yourself and achieve your goals.

One of the keys to harnessing the energy in fear is to recognize it as a signal that something needs to change. Fear can alert us to opportunities for growth, learning, and innovation. Instead of avoiding or suppressing fear, we can embrace it and use it as a catalyst for action. As Gerald Walton writes in *The Conversation*, "Fear is not something to be conquered; it is something to be understood." By understanding the source and purpose of our fear, we can transform it into positive energy that motivates us to move forward.

Another key to harnessing the energy in fear is to adopt an energy leadership mindset. Energy leadership is the process of influencing yourself and others to achieve positive outcomes. According to Bruce D Schneider, the founder of the Institute for Professional Excellence in Coaching (iPEC), there are seven levels of energy that we can operate from, ranging from victimhood and anger to passion and purpose. The higher our level of energy, the more effective and resilient we are as leaders. We can shift our energy level by changing our thoughts, emotions, and actions. As Amy Blaschka writes in *Forbes*, "Energy leadership is about becoming aware of your default tendencies so you can consciously choose how you show up."

Finally, a key to harnessing the energy in fear is to cultivate a growth mindset. A growth mindset is the belief that our abilities and talents can be developed through effort, feedback, and learning. A growth mindset helps us embrace challenges, learn from failures, and seek feedback. It also helps us view fear as a learning opportunity rather than a threat. As Carol Dweck, the author of *Mindset: The New Psychology of Success*, writes in *Harvard Business Review*, "Individuals who believe their talents can be developed (through hard work, good strategies, and input from others) have a growth mindset. They tend to achieve more than those with a more fixed mindset (those who believe their talents are innate gifts)."

In summary, fear is a powerful emotion that can either hold us back or push us forward. By recognizing, embracing, and transforming fear, we can harness its energy to reinvent ourselves and overcome obstacles. We can also shift our energy level, adopt a growth mindset, and become more effective and resilient leaders.