

The Fear Course

Do you find that your fears, anxieties and worries are holding you back?

Do you find that you are nervous doing presentations, teaching / lecturing or talking to groups?

Does talking at meetings bother you?

Do you get 'stage fright'?

Does the fear of the unknown cause you problems?

Do certain situations cause you anxiety or even panic?

Do some people tie you up in knots?

Are some things harder than they should be for you?

Do you lack confidence in some situations?

Do you get nervous in social situations? Fear not! Introducing 'The Fear Course' Go to the dedicated Fear Course site now

Would you like to:

- Be calmer?
- Become more relaxed in difficult situations?
- Feel more confident?
- Be more composed at times?
- Reduce your anxieties?
- Better able to deal with difficult people or situations? Go to the dedicated Fear Course site now

Just amazing! I would recommend this course to anyone. Learn to teach with ease, give presentations like a pro and speak with confidence in any situation. You can be calm and think straight in the very situations that used to bring panic, fear and anxiety with The Fear Course.

The Fear Course is a one day workshop which has been specifically designed for people just like you; people who find it hard to do public speaking, teaching, lecturing or any other activity where you need to be at the front and centre of attention and want to perform well. This has been the best course I have ever been on. It makes so much sense. I think about things so differently now AND the fear has gone! You can get rid of the anxiety, reduce the fear and start to be more confident right now on this proven and innovative course. The Fear Course has given me my life back, I can't thank you enough. Thank you.

The Fear Course will show you how to:

- Act and be more confident,
- Reduce fears,
- Feel better generally,
- Cope better with stressful situations,
- Decrease anxieties,
- Deal better with difficult and demanding situations
- Be totally calm when lecturing, doing presentations or any other public events.
- Learn to relax and enjoy the tasks you never thought possible Does what it says on the tin! About your facilitator David Wilkinson is a very experienced expert facilitator and coach. He is also a Master Time Line Therapist, Master Hypnotist and Master Practitioner of NLP. He is well known for his engaging, interesting and motivating workshops around the world. He runs workshops and coaches in many organisations including Schrodgers Bank, Rothschilds Bank, The Royal Air Force, several Police forces, many universities including; Oxford, Oxford Brookes, Cardiff, Essex, Portsmouth, Plymouth, York, Liverpool, Liverpool John Moores, Cranfield, The Royal College of Defence Management and others. He also teaches on many leadership and management courses around the world. Go to the dedicated Fear Course site now! works! Contents

- The fear fallacy
- Where fear comes from and what to do about it
- The Emotional Balance Technique
- The Emotional Trigger Map
- Fast Anxiety Reduction Methods

- The RP Fear Elimination Process
 - The Fast Balcony Anxiety Removal Method
- Go to the dedicated Fear Course site now
- A really relaxing and relaxed course that sets just the right atmosphere
- What you get: One day workshop to learn the techniques of reducing fear and becoming calm
- Learning materials, handouts and notes of the techniques used on the course
- Post course support via online discussion board so that you can ask questions get support and keep in touch
- Just amazing! I would recommend this course to anyone.
- What else you can get: A full workbook (including extra techniques and tips) and success log
- Hypnosis session
- Email and phone support
- Personal coaching sessions
- A full day break-through session
- Go to the dedicated Fear Course site now
- Background to the Fear Course