



Barry Moniak

Fear ... Friend or Foe?

What's possible when fear is your friend?

"Novice skiers on steep, slippery slopes, fear that gravity will pull them down the mountain to their doom. Expert skiers see gravity as their best friend. As we befriend that which we fear, the force we dread creates the momentum we crave." ~ Barry Moniak

We all feel fear sometimes – it can be a powerful force. It's incredibly real to the person or group encountering it, yet the experience of fear is different for each and every one of us.

The question is ... is fear our foe – or is it our friend?

Whether real or imagined, fear is always our friend because it warns and protects us. *It also inspires us to develop knowledge and experience we may currently be lacking!* Fear is not our foe when we face, embrace and befriend it.

With the mindset of "fear is my friend", we transform destructive emotional reaction into constructive intelligent response.

For over twenty years Barry Moniak has been an Innovative Leadership Consultant and Black Diamond Business Trainer.

In his insightful and entertaining presentations, you experience delightful personal and profound professional discovery.

There are speakers who consult and consultants who speak. Barry does both. He helps you create amazing events as he brings experience and expertise to life on the platform in customized keynote presentations and breakout training sessions.

This is the *End In Mind* we have for you.



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"Mission-minded leaders create fearless winning teams"