

VIDEO 1.3: LEADERSHIP & F.E.A.R.

Have you ever found yourself in a situation where you feel so confident and then all of a sudden, something stops you in your tracks? (Pause) Fear. It's a word that not many people like the sound of, but it's totally and completely normal. Leaders face fears every day, and find new ways to overcome them. We mentioned earlier that some leaders with a commanding leadership style sometimes lead with fear, but this is quite different. In this section, we are going to unpack the meaning of "fear," why this word can be so scary, and what you can do to help yourself in moments of fear. Welcome to Lesson 1.3 of RYLA University: leadership and fear.

Right now you may be wondering why the topic of fear is being mentioned in a leadership training course. Well, as leaders it is important that we explore any fears that we may have internally or externally so that we can work toward(s) overcoming them and help others do the same. Sometimes, working with your fears can be as easy as changing your self-talk from negative to positive. Other times, it takes doing something physical, like literally breaking through your fears in order to achieve your goals. Whatever it takes to help you explore and overcome your fears will inevitably help your leadership.

So let's talk about fear. What is it?

As I mentioned above, fear is a feeling that may overcome you at any point while doing a task. This can be due to previous negative experiences or simply from a situation where you may not know the possible outcomes; "fear of the unknown." Regardless of what type of fear you may experience, you are certainly not alone! We all have moments of fear.

As a leader, a strategy you can try is to think of fear as: F.E.A.R. or False Evidence Appearing Real. This description helps people manage their fears and explores the idea of 'it only exists if you let it.' For example, the fear of self-doubt can slowly creep up on you. When leading a group, you might question whether you're making the right choice. A way to practice F.E.A.R., or False Evidence Appearing Real, is to recognize that self-doubt is only a feeling. Regardless of the leadership role you are in, you were placed in that position for a reason. The people you are leading want to see you succeed, because if you succeed, they will too. When you understand that your fear of self-doubt only exists because you let it, you are able to overcome it and be confident in the choices you are making. False evidence appearing real.

In the next activity you will be asked to take a moment and really think about your fears, think of any roadblocks that you may be creating for yourself and/or anything that you would like to overcome! Please take a moment to write down the password OVERCOME on your worksheet.

