

A black and white photograph showing a person's feet on a wooden ladder. The ladder is made of horizontal wooden planks and is leaning against a rough, textured stone wall. The person is wearing dark trousers and brown lace-up shoes. The perspective is from above, looking down at the feet.

“Everything you’ve ever wanted is on the other side of fear.”

– George Addair

POLLYANNA LENKIC
EMPOWERING PEOPLE PERFORMANCE

George Addair said ' Everything you've ever wanted is on the other side of fear'

We each find our own meaning in Addair's words to support our view of the world, this view translates into behaviours, which lead to outcomes.

Are these outcomes that serve us and our teams?

What emerges for you?

Often what we imagine is a lot worse than reality. Taking time to think about what we are fearful of, what stories we are running can be a valuable investment of time.

Addair's quote is a simple statement, yet pushing to the other side of fear can feel anything but simple.

Actually, the pushing part is the problem, fear is a natural human emotion and experience.

The problem comes when we use fear as a tool, a means to an end as is often observed in highly fear-based cultures.

When we identify our own fears, assess and gain perspective it's useful to shift our lens to the collective fears in the systems we are a part of. Family, Team, Organisation and Country.

We can choose to accept the collective fears as truths or we can challenge them in a constructive way.

What are the prevailing fears in your systems?

Have a conversation with others about this today, the outcomes may surprise you.

Pollyanna