



**“Fear takes you there.”**

**– Dr. Mei May**

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EMPOWERING PEOPLE PERFORMANCE

On a cold morning in Kent, I leapt out of a plane for the 2nd time.

The landing area looked small and full of obstacles. Large trees lined the perimeter. I was scared of leaping out of the plane, terrified that I would be 'the one' that ended up landing in a tree, hanging there for all to laugh out.

Rather than looking at the large expanse of grass in the middle of the field, I stared at the sparse trees surrounding the airfield.

What you focus on is where you end up.

I crashed through the largest tree, from the top all the way down through the branches and ended up living my worst nightmare, hanging from the tree. I survived!

I was known as 'special branch' for many years.

All I had to do was turn my back to the obstacle and focus on a line of sight to the centre of the field, the clear space.

Squashing fear is futile, however, sometimes we can turn our back to the fear and slowly the fear loses its grip on our actions.

How does fear drive you?

How you treat others?

Fear erodes culture and performance.

*Pollyanna*