**WEN California June 2023 Session**

**Overcoming Fear**

Overcoming fear or unlearning fear is difficult to do. Taking steps to be better at it may help unlock abilities and skills to be better at work and at home.

**Pre-reading Required materials:** (about 30-40 minutes)

* <https://hbr.org/2021/03/how-to-stop-letting-our-fears-run-the-show> (Harvard Business Review)
* <https://hbr.org/2022/08/facing-the-fears-that-hold-you-back-at-work> (Hardvard Business Review)
* <https://sg.indeed.com/career-advice/career-development/how-to-overcome-fear> (Indeed)
* <https://www.psychologytoday.com/us/blog/pathways-of-progress/202304/can-we-unlearn-fear> (Psychology Today, an alternate point of view on fear!)
* <https://www.youtube.com/watch?v=1PV7Hy_8fhA> (TED talk, 15 min)

**DISCUSSION QUESTIONS:**

*Please read these questions. If possible, write down short, one line answers to share. You may choose not to share, if you prefer.*

1. What fears have you overcome in the past? How did you change your mindset? What actions did you take? Did you have help?
2. Write down all the fears you have today. Circle the top 3 you want to work on. What are they? Why are they important to overcome? How will conquering those fears help you?
3. Not all fears are bad. How has fear helped you? How do you distinguish between good, bad, and/or indifferent fears?
4. In our May session, we discussed how asking for a raise was uncomfortable and many of us didn’t like doing it. Generally, we all felt that after we did ask for a raise or promotion, it was the right thing to do. How did you overcome that fear? After doing it once, was it easier the next time?