



Breakout Discussion One

Professional Fears (20 Minutes)

Instructions:

1. As a group, identify a spokesperson for the group.
2. As a group, pick one of the Fears listed below.
3. As a group, discuss your previous experiences with this fear.
4. As a group, discuss how this fear held you back personally and professionally.
5. The spokesperson for the group will share back the group's discussion.

Fears

(pick one to discuss)

Fear of Failure: Many people fear failure and the consequences it may bring, such as disappointment, rejection, or loss of self-esteem.

Fear of Public Speaking: Fear of public speaking, or glossophobia, is a common fear that affects many people. It can be triggered by various situations, such as presenting in front of a large audience, giving a speech, or participating in a meeting.

Fear of the Unknown: Fear of the unknown or fear of uncertainty is a common fear that many people experience. It can manifest in various ways, such as fear of the future, fear of change, or fear of the unfamiliar.

Fear of Social Situations: Called social anxiety, also known as social phobia. It is a common mental health disorder characterized by a persistent and overwhelming fear of social situations or performance situations where one might feel scrutinized or judged by others.

Fear of Change: The fear of change is very common, and where individuals experience anxiety or apprehension about the unknown (fear of the unknown discussed below) and uncertainty that comes with new or different situations. This fear can be a powerful deterrent to taking risks, pursuing new opportunities, or making changes in one's life or career.

Fear of Success: The fear of success is a psychological phenomenon where individuals experience anxiety or apprehension about achieving their goals and succeeding in their endeavors. This fear is the opposite of the fear of failure, as it is not the prospect of falling short but rather the possibility of success that is perceived as threatening.

Fear of Being Out of Your League: The fear of being out of your league can manifest in a variety of ways, such as self-doubt, imposter syndrome, or a reluctance to take on leadership roles or responsibilities.