



1/2 day open program
Journeying to Victory:
Fear as Energy

Lead Yourself.

**Shine
Leadership**

**Use your fear as a positive engine – and “tame it”
for your benefit.**



Marian Jelínek
lecturer

Why choose this program?

- Explore the possibilities of using fear as a positive source of energy
- Learn specific, practical techniques for working with fear
- Learn about the psychological preparation of top athletes

Who is it for?

We recommend this inspiring workshop with Marian Jelínek to all those who want to learn to transform their paralyzing fear into a source of positive energy – whether in business, sports, public appearances, or in private life.

Topics

- Various types of fear
- Neurophysiological look at the emotion of fear
- How to “tame” fear in your favor
- Specific, practical techniques for working with fear

For dates, prices, registration,
organizational information and terms
and condition go to:
ShineLeadership.cz

Location

Training Centre Hradčanská
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160 00 Praha 6

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Shine Leadership s.r.o.

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