

# TURNING FEAR INTO

# FIERCE



Everyone is fearful about something, but fear in the workplace can be devastating to your results. Eric Frohardt is an expert in managing fear while delivering consistent excellence.

As a former Navy SEAL Eric knows fear. He's been shot at numerous times, blown up by an IED, handled explosives, jumped out of airplanes and swam through shark infested waters. All of this at night and in some of the scariest places imaginable. Through it all, his biggest fear was a personal failure that would lead to the injury or death of a team mate or mission failure.

Despite these ever present fears, Eric completed multiple deployments and hundreds of missions. He will never tell your teams they shouldn't be scared, but he will teach them how to manage their fears and deliver extraordinary results with exceptional consistency.

Eric will have your team on the edge of their seats telling real-life stories of overcoming impossible odds and team success. His spellbinding style will keep them engaged as they understand the life of a SEAL through Eric's eyes. The Q & A session is always a highlight.

## KEY CONCEPTS

- Bravery and courage are learned skills
- EVERYONE, including Navy SEALS, feel fear
- Fear of failure can drive excellence
- Fear can also be debilitating
- Learning to live with fear and managing fear is essential to peak performance

## AUDIENCES

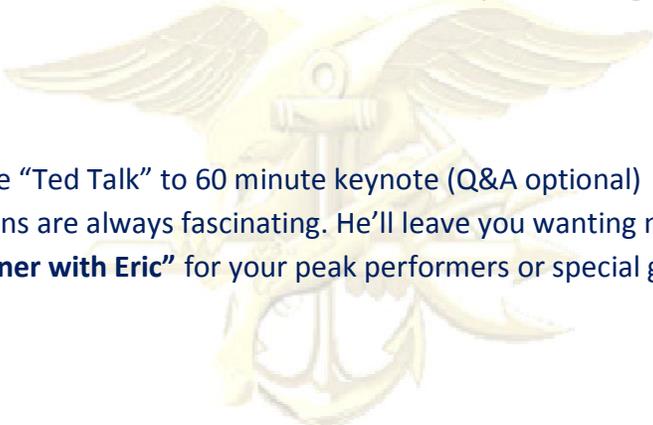
This speech is appropriate for any team attempting the extraordinary including sales teams, customer service teams and leadership teams who operate in competitive, stressful environments.

## PARTICIPANTS LEARN

- Bravery and courage are like muscles that can be strengthened with practice
- How training and mental rehearsal can build your bravery quotient
- That it is OK to feel fear. It is what you do with the fear that determines your outcomes
- How “playing scared” can drive excellence
- How fear drives selflessness, urgency, focus and execution
- That fear is critical to excellence in all high end military teams
- How to “fail forward” to accomplish your goals
- There is a fine line between a healthy fear of real dangers and crippling fear that must be managed
- Control your fears or they will control you and damage your career
- How gaining a team and mission focus increases bravery and courage

## FORMATS

- From an 18 minute “Ted Talk” to 60 minute keynote (Q&A optional)
- Eric’s Q & A sessions are always fascinating. He’ll leave you wanting more!
- Ask us about “**Dinner with Eric**” for your peak performers or special guests.



### CONTACT

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