

THE FEAR PROJECT

Brigida Pereira Neves International Ballet Dancer

"Live through the fear. The possibilities on the other side are worth it."



When experiencing fear:

Create the space to be yourself.

Be open to sharing your opinion or asking questions without feeling threatened.

Be rooted in the moment, be present.

To all leaders:

To have a great performer you need someone who thinks not just executes.

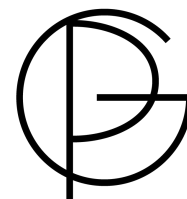
Create space for people to be themselves, to be authentic.

Remember:

What makes people courageous is to go through fear, not avoid it.

What you can do now to face your fears:

- **Create a ritual to be present and focused.**
- **Trust your feeling to lead you.**
- **Choose to face the fear and re-emerge.**



[Watch the video](#)

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