

# THE FEAR PROJECT

## Matthijs Welle CEO of Mews Systems

*"Fear is there to push you out of your comfort zone, to spark you to become a better person."*

*"Admitting as a leader that you make mistakes is very powerful. You gain trust."*



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### When experiencing fear:

- Face your fear and deal with it.
- Listen to your instincts.
- Step away from your ego. Use your ratio!

### Dealing with fear of your colleagues:

- Give them the option to ask you questions directly, regularly, and anonymously. Answer them to boost their confidence and trust in the company.

### What can help you when facing fear:

Admitting that you make mistakes is very powerful. You gain the trust of people by opening yourself and becoming vulnerable.

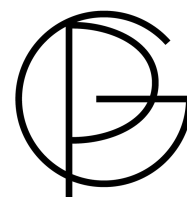
Meeting people from a similar field, people who are further in their career, and talking to them about your challenges. You might learn that they are facing the same fear. And that together you may develop a solution.

Nothing is unique. Everything already happened before. You can create a discussion forum and talk about it. Dealing with it on your own is not ideal.

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### Tips:

- **Clear your schedule and inspect the issues yourself.**
- **Remove yourself from the drama.**
- **Trust your mind to come up with a solution.**



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