

*Neap.*

Everyone deserves a little couch-time.



# Overcoming The Fear of Failure

'Maven' Miara Shaw



# Welcome from 'Maven' Miara

- A maven is a trusted professional that shares their knowledge with others.
- [miarashaw.com](http://miarashaw.com)



A serene beach scene at sunset. The sun is low on the horizon, casting a warm, golden glow across the sky and reflecting on the water. The sky is filled with soft, white and orange-tinted clouds. The ocean is a vibrant turquoise color, with gentle waves washing onto a sandy beach in the foreground. The text "Just Breathe" is overlaid in a white, elegant cursive font, centered in the upper half of the image.

*Just  
Breathe*

# HOW TO OVERCOME FEAR OF FAILURE



# POLL:

How does fear most frequently show up in your life?

1

Anxiety

2

Avoidance

3

Feeling a loss of  
control & feeling  
stuck

4

Powerlessness



4

SYMPTOMS OF  
THE FEAR OF  
FAILURE

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# #1 ANXIETY

Defined: Intense, excessive, and persistent worry and fear about everyday situations. Fast heart rate, rapid breathing, sweating, and feeling tired may occur.

Anxiety can be normal in stressful situations such as public speaking or a job/promotion interview.

Other feelings associated with anxiety:

- Depression
- Shame
- Negative self-talk
- Feeling isolated

# #2 AVOIDANCE

Avoidance behaviors are **any actions a person takes to escape from difficult thoughts and feelings.**

- Self sabotage
- Perfectionism
- Procrastination





# #3 FEELING A LOSS OF CONTROL & STUCK

What if it's the wrong decision? What if person cuts me off? something happens really bad happens?

WHAT CAN YOU FOCUS ON THAT YOU HAVE CONTROL OVER?

Don't tell me what you can't do, tell me what you CAN do.





## #4 POWERLESSNESS

Being without the power to do something or prevent something from happening.

An overwhelming feeling of helplessness or inadequacy in stressful situations.



Can failure be good?

Do you recognize it with  
positive mindset?

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5

AREAS TO FOCUS  
ON TO OVERCOME  
FEAR OF FAILURE

Clarify

Your Thoughts & Actions. Define success for you.

Boost

Improve Your Self Esteem & Confidence.

Give

Give Yourself Permission to Fail.

Break

Break Your Project Into Smaller Tasks.

Change

Change What's Not Working.

What do you need  
to FOCUS on and  
take ACTION?



# Access Your NEAP Benefits

- **Online:**
  - [www.neelyeap.com](http://www.neelyeap.com) company page
  - Live CONNECT
  - iConnect You App
  - Use your company code from benefits flyer
- **24/7 Hotline: 866-212-6096**



# EAP Service Spotlight

Resources for total wellbeing

## Aware: A MINDFULNESS PROGRAM



### FEATURES

- Six telephonic sessions with an Aware specialist who is trained in mindfulness
- An individualized practice plan, tailored to your needs
- Opportunity to experience and learn mindfulness exercises within each scheduled session
- Electronic resources such as a practice plan journal, guided practice exercises and an additional resource guide



The Aware mindfulness program helps you learn to meaningfully engage in the present moment. It offers a research-based approach to stress management, which is derived from some of the world's leading experts in the field.

A specially trained Aware specialist will guide you through a step-by-step process to learn the skills you need to reduce stress, emphasize the present, establish greater mind-body balance and increase overall wellbeing.

TOLL-FREE: 866-212-6096