

# Conjuring

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How to be braver  
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## Conjuring Courage

How to be braver than you ever thought possible.

Do you remember being brave? Doing something that scared you, but you did it anyway? For most of us, courage is about being able to tell the difference between the real and imagined risks, then finding the 2 seconds of power to push through.

Being courageous is not something that just happens. You can absolutely plan for it and conjure it when you need it. Like every skill, it takes skill and practice to be proficient.

This workshop will give you the skills to face your fears and build stronger resilience over time.

### Includes:

- Understanding fear
- Controlling your gut reactions for more guts
- Practical steps for increased resolution
- Applying the lessons in your environment

### Suggested Questions:

- What would you do if you had no fear?
- What is the most courageous thing you have done?
- Why do you need courage in your business?

### Timing:

- Minimum: 20 minutes
- Preferred: 40 minutes
- Max: 2 hours (includes practical elements)

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## About Stewart

As a business coach, Stewart help leaders find and take the next step to success.

By defining a clear direction and removing the blocks to success, he creates personal, repeatable techniques to achieve your current and future goals.

Make sure you come with a question and make the most of this amazing opportunity.



**STEWART FLEMING**