

FEAR - FAILURE - FORTITUDE

Session description:

In this experiential session, participants learn about fears, failures and their role for future successes.

We journey and practice the art of conversation, with others and within ourselves, to explore the surprising world of our shadows, and to eventually embrace our experiences beyond the imperative of being always successful in everything.

We give a special emphasis to the distinctions between objectives and dreams, between professional success and self-accomplishment, and between individual and collective failures.

Targeted outcomes:

- Increase awareness about failures and fears
- Develop participants power to manage fears and learn from failure
- Increase participants future resilience

Instructor:

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FEAR FAILURE FORTITUDE

Lisbon MBA

November 23rd, 2012

Name:



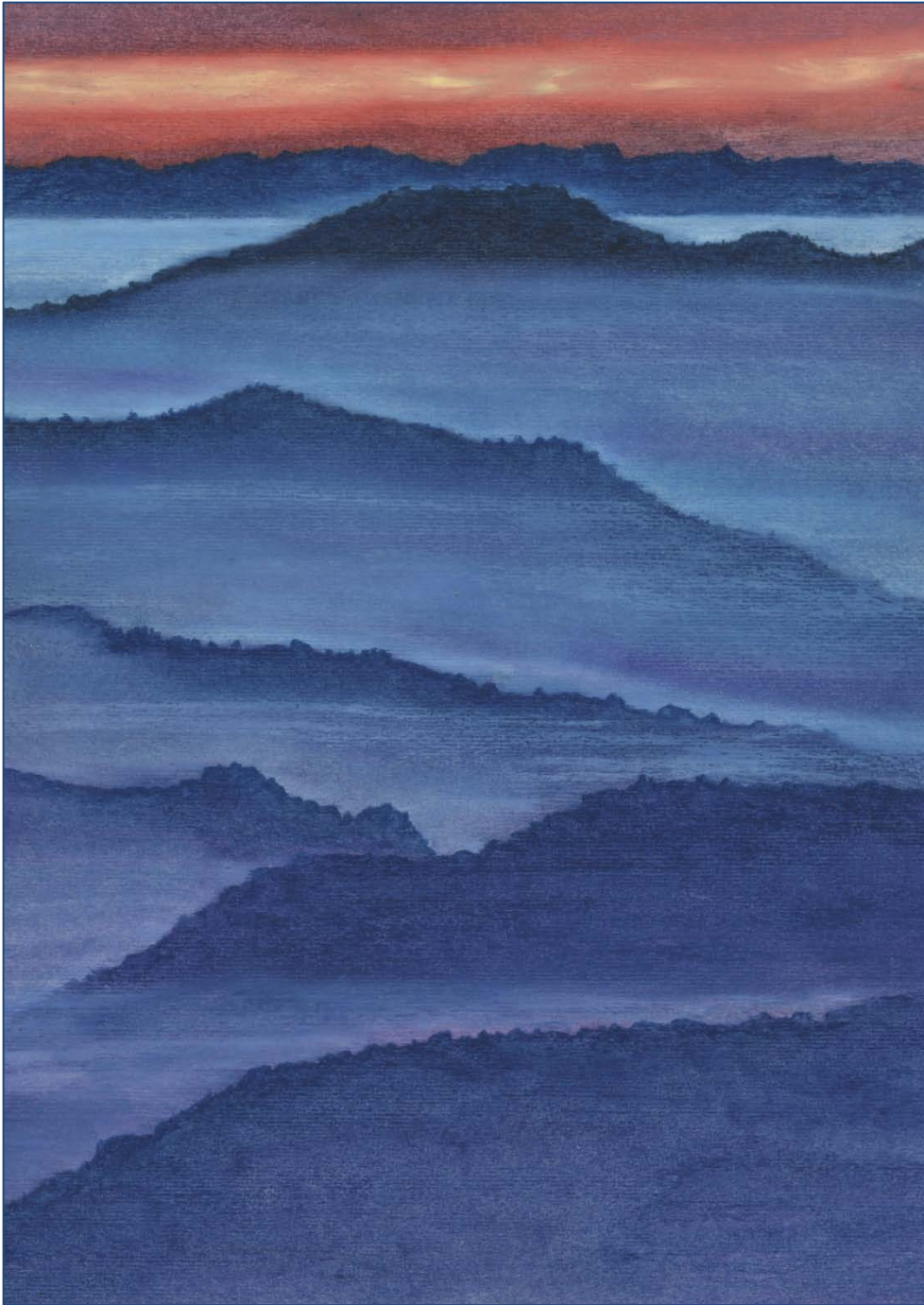
Chomolungma

PREPARATION

Reserve 15 minutes of your time that you spend in a place where you feel safe and comfortable. Remembering your past, what you have achieved and what you have not achieved, ask yourself:

For me, is success the mere attainment of my goals?

Write down a few words for yourself...



Prades - MLM - 2004

INTIMATE CONVERSATION

Question: ...



Beowulf and the Dragon - H.E. Marshall 1908

AN EPIC JOURNEY

A few words to remember

Musical composition: Jean-Michel Robert
Script: Marc Le Menestrel



The Scream- E. Munch 1895

FEARS

What were your fears?



Dune

LITANY AGAINST FEAR

I must not fear.

Fear is the mind-killer.

Fear is the little-death that brings total obliteration.

I will face my fear.

I will permit it to pass over me and through me.

And when it has gone past I will turn the inner eye to see its path.

Where the fear has gone there will be nothing...

Only I will remain.

F. Herbert



The shadow is the light that is hiding behind what creates it

FAILURE

How was failure? Who has been failing?



TREASURE

What is to be protected?



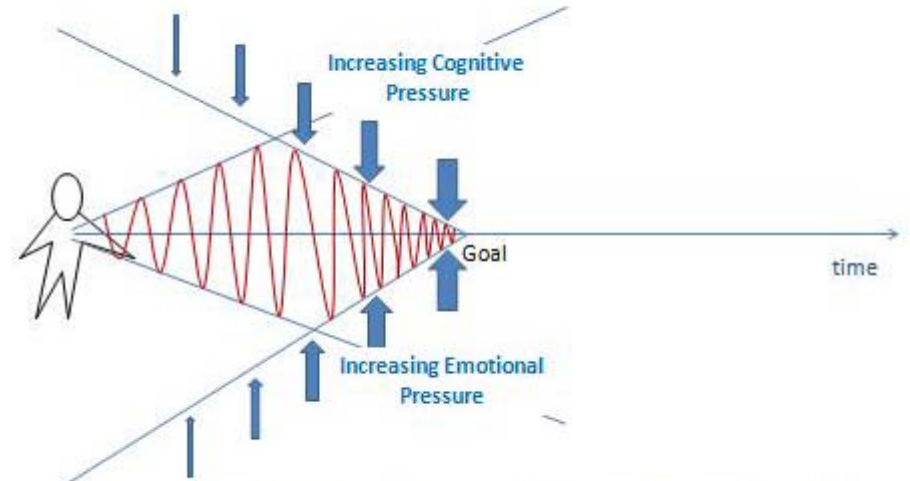
COMING HOME

What do you bring back?



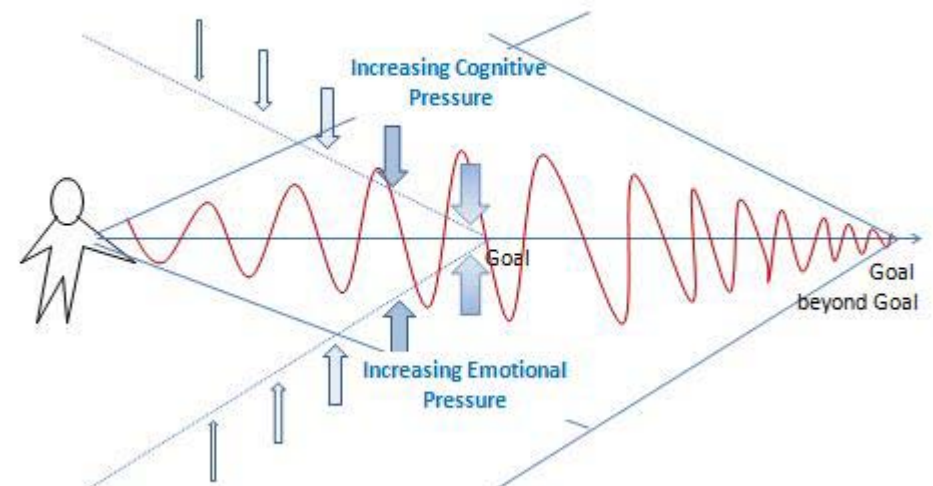
Just do it, 2nd ascent - 1994

THE GOAL PRESSURE



Goals die when they are attained, and can blow our mind

THE GOAL BEYOND YOUR GOAL



A Goal beyond your goal ensures continuity and value to the process



Blau II, Joan Miró 1961

SUCCESS

“Here's an insight that I've had about success: You can't be successful at everything...”

“A lot of the time, our ideas of what it would mean to live successfully are not our own.”

“So what I want to argue for is not that we should give up on our ideas of success, but we should make sure that they are our own. We should focus in on our ideas and make sure that we own them, that we are truly the authors of our own ambitions. Because it's bad enough not getting what you want, but it's even worse to have an idea of what it is you want and find out at the end of a journey, that it isn't, in fact, what you wanted all along. “

Alan de Botton- A kinder, gentler philosophy of success, TED Talks



F. Scherrer - The Dreamer 2008

DREAM

Who are you dreaming to be?

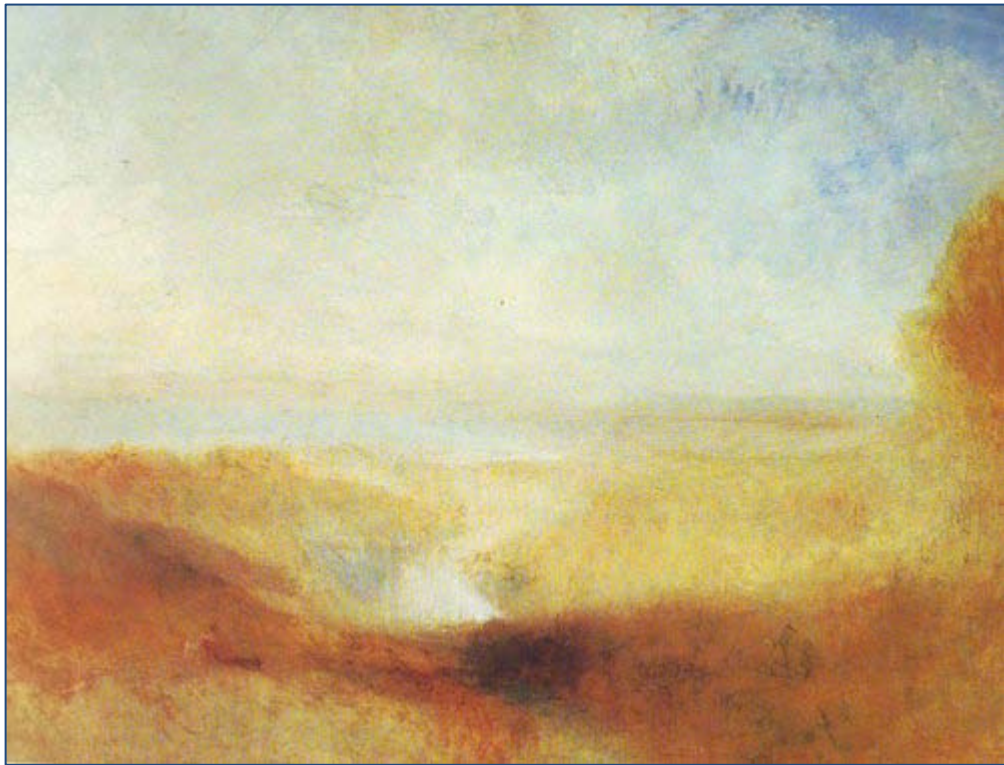
Musical composition: Gonzales
Script: Marc Le Menestrel



Deux oiseaux sur fond bleu - G. Braque- 1962

COURAGE

Would you dare to surprise yourself?

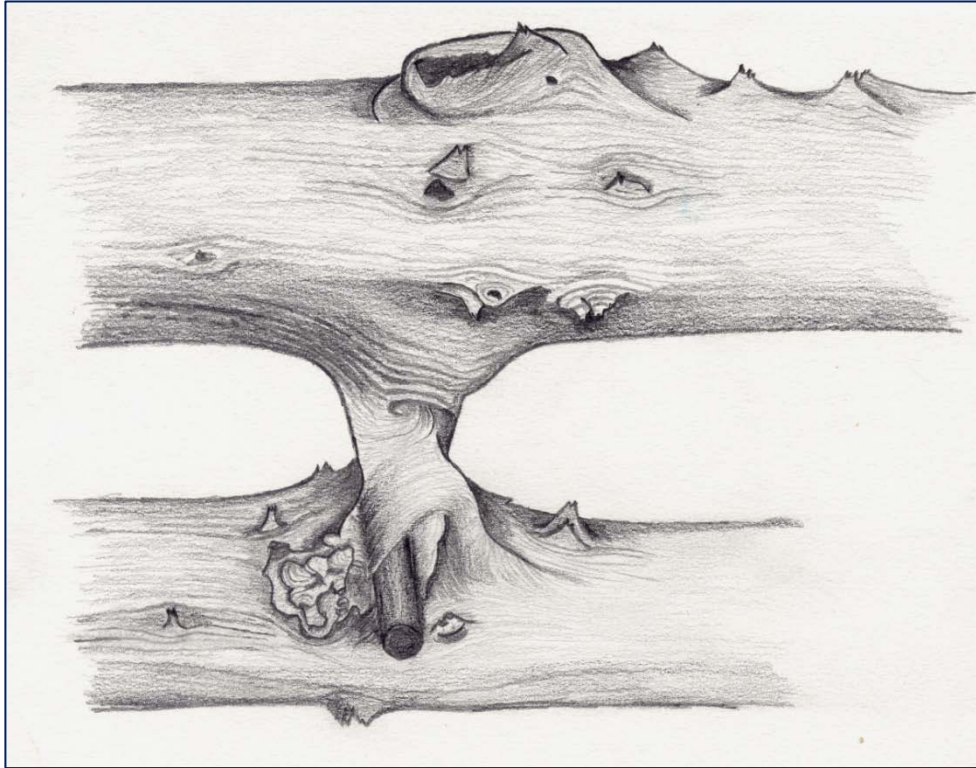


Landscape With Distant River And Bay - J.M.W. Turner - 1840/1850

ADMIRATION

Who are you admiring for turning fear and failure into fortitude?

Why?



LEARNING

What did you give to yourself today?



F. Scherrer - Waiting for you 2008

THANKS

Writing to yourself