

# The Fear Factor

Coping with Panic and Uncertainty During Crisis



## High-level Agenda

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- **Managing fear and uncertainty in a time of crisis**
- **Building self-awareness to take more control**
- **Calming the body, quieting the mind**
- **Understanding your three selves: The Overwhelmed Self, The Survival Self, The Adult Self**
- **Building your long-term Self-Care Plan**

It makes sense to feel deeply unsettled and even overwhelmed by the COVID-19 pandemic. Unfortunately, fear, anxiety, and panic disrupt our ability to think clearly and creatively; focus our attention on the right priorities; manage our relationships effectively; and make informed choices.

This interactive, virtual learning experience, provides participants with practical, personalized methods for tapping into the calmest, most capable and resilient part of themselves to navigate through the current storm. Over the course of a 90-minute facilitated online workshop, self-facilitated cohort discussions and a 4-week series of video coaching emails, participants will develop:

- Increased awareness of their unhealthy mental and emotional patterns
- An understanding of how moving into “survival mode” – fight-or-flight – dramatically diminishes our capacity
- Specific self-regulation tools and strategies to manage surges of fear and overwhelm in the moment
- Longer-term, ritualized self-care strategies to ensure resilience, strengthen the immune system, increase emotional reserves, and improve the quality and clarity of decision-making

## Who should participate

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- **Individual contributors** facing unprecedented stress, uncertainty and fear in both their professional and personal lives
- **Leaders** who need to build their own resilience and require actionable insights to support their teams, sustain clear thinking, and high-performance during crisis.

## How it works

### Online facilitator-led module with cohort discussion groups

Grounded in neuroscience, this first component of the experience helps participants understand what happens in their bodies and minds in the face of uncertainty and threat. We explore the best tools and strategies for regulating yourself when your nervous system gets over-activated, and you move into Survival mode and then guide participants in building a longer-term self-care plan aimed at strengthening their immune system, resilience, and ongoing well-being.

### Video coaching emails

Over a period of 4 weeks, participants will receive a series of short, thought-provoking video coaching emails from Energy Project CEO Tony Schwartz that will offer opportunities to reflect on ways to build resilience in the context of that week's news. Participants will also have the opportunity to submit questions and topic ideas based on their experience navigating their "new normal."

### Cohort discussion guide

One of the most important factors in building resilience during times of crisis is the ability for people to build community with others. To support and encourage this, we provide a guide to support additional cohort discussion beyond the initial module, should they choose to continue the practice.

To learn more, contact us at 888-822-2290  
or [info@theenergyproject.com](mailto:info@theenergyproject.com)

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