

The Fear Course

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Do you suffer from any of the following?

- Fear
- Anxiety
- Worries

Do you find that your fears, anxieties and worries are holding you back?

Do certain situations cause you anxiety or even panic?

Do some people tie you up in knots?

Are somethings harder than they should be for you?

Do you lack confidence in some situations?

Fear not!

Introducing

'The Fear Course';

Would you like to:

- Be more confident?
- Reduce your fears
- Be calmer
- Be more composed at times
- Reduce your anxieties?

The Fear Course is for you.

The Fear Course got so popular we made a whole website just for it. [Click here](#)

"Just amazing! I would recommend this course to anyone."

Available for the first time to the public.

You can now learn the secrets taught to police officers, emergency service personnel, disaster and relief works, government agencies, leaders and more.

You can be calm and think straight in the very situations that used to bring panic, fear and anxiety with The Fear Course.

The Fear Course

is a one day workshop which has been specifically designed for people just like you; people who need to learn these techniques so that they can do things with greater confidence, be calmer in situations that used to cause problems and reduce their fears.

More...

"This has been the best course I have ever been on. It makes so much sense. I think about things so differently now AND the fear has gone!"

You can get rid of the anxiety, reduce the fear and start to be more confident right now on this proven and innovative course.

"The Fear Course has given me my life back, I can't thank you enough. Thank you."

The Fear Course will show you how to:

- Act and be more confident,
- Reduce fears,
- Feel better generally,
- Cope better with stressful situations,
- Decrease anxieties,
- Deal better with difficult and demanding situations
- Be totally calm when lecturing, doing presentations or any other public events.
- Learn to relax and enjoy the tasks you never thought possible

"Does what it says on the tin!"

About your facilitator

David Wilkinson is an expert in this area. He is an author, a very experienced expert facilitator and coach. He is also a Master Time Line Therapist, Master Hypnotherapist and Master Practitioner of NLP. He is well known for his engaging, interesting and motivating workshops around the world. He runs workshops and coaches leaders in many organisations including Schrodgers Bank, Rothschilds Bank, The Royal Air Force, several Police forces, many universities including; Oxford, Oxford Brookes, Cardiff, Essex, Portsmouth, Plymouth, York, Liverpool, Liverpool John Moores, Cranfield, The Royal College of Defence Management and others. He also teaches on many leadership and management courses around the world and was the lead Disaster Management Trainer at the Cranfield Disaster Management Centre.

The techniques he has developed have helped 1,000's of people around the world deal with fear, anxiety and stress.

More...

"It works!"

Content

- * The fear Fallacy
- * Where fears come from and what to do about it
- * The Emotional Balance Technique
- * The Fear and Anxiety Trigger Map
- * Fast Anxiety Reduction Method
- * The Fear Reduction Technique
- * The fast Phobia Method

And more.

We know that any one of these techniques is easily worth the cost of the course. If you don't think that you have got your monies worth within the first hour we will gladly refund your money.

More...

"I wish I had found out about this years ago. It would have saved me so much strife!"

What you get:

One day workshop to learn the techniques of reducing fear and becoming calm

Learning materials, handouts and notes of the techniques used on the course

Post course support via online discussion board so that you can ask questions get support and keep in touch

What else you can get:

A full workbook (including extra techniques and tips) and success log

Hypnosis session

Email and phone support

Personal coaching sessions

A full day break-through session

Don't Delay. The number of places on each course is strictly limited to 30 so that everyone gets their needs met. Once the places have gone that's it - bookings are closed and you will have lost your opportunity.

Go to FearCourse.com now