

Is Fear Keeping You Poor?

Empower yourself and transform Fear into Performance

Fear is the greatest inhibitor and thief of:

- ✱ **Your dreams and aspirations**
- ✱ **Financial freedom and business success**
- ✱ **Open, honest and harmonious relationships**
- ✱ **Self-realisation**

Inaction, indecision, procrastination, stress, anxiety, worry, drama, self-doubt... these are all expressions of fear.

**In the presence of Fear there is an absence of You
and your Power.**

“Powerful, passionate delivery on an area that we would often prefer to avoid”.
Trudy Scott, Business Owner, Samford

'Is Fear Keeping You Poor?' is a one and a half day workshop designed to enable you to bust out of what holds you back and move toward your wants and desires.

This is not a workshop in which you will get pumped up and then, two weeks later, get out be in life still faced with the same issue. You will create a plan for handling your fear and living the life you want.

'Is Fear Keeping You Poor?' is specifically designed to enable you to understand, embrace and lift the burden of Fear.

“...I realised my truth around “being safe”. My use of the word “safe” was a justification for staying within my cosy comfort zone.
I know everything about my comfort zone; there are no unknowns; I know the boundaries of my box; I can predict what’s going to happen; I can be in control – CONTROL FREAK! For me, ‘safe’ was my covert way for agreeing with the status quo that being average or mediocre was acceptable and downsized my goals and dreams...”
Carmel George, Investor, Ascot

In *'Is Fear Keeping Your Poor?'* you'll learn to understand the destructive role Fear plays in your life and [restore your bravery](#). You'll learn how to stop fear from sabotaging your dreams and blocking your path to love and the realisation of who you really are. You'll learn how to transform fear into excitement and action, fully experiencing your Spirit.



Here's what you'll get:

1. The ability to make clearer, stronger choices and take more decisive action. Restore your bravery.

Instead of investing your time and energy creating ways of avoiding life, learn how to use that same life energy into going toward what you want – be it in business, relationship, or any area of life.

2. Stop being 'average'. Learn the five universal responses to fear and how to overcome them.

Discover your typical response to fear in different areas of life. Create your own personal plan to 'undo' your fear or procrastination

3. The ability to strip away the Masks Of Fear and fully engage in life.

End the compromising of your goals and dreams. Rise to a new level of Self-Mastery by spotting and correcting your own behaviours.

4. How to take a Position, what pushes you off and how to take regain your Position

You will experience in real time how to maintain your Position in calm centeredness and Presence – no 'brute' force here, just You in your power.

Here's what we'll cover:

1. Why you make poor decisions when you experience fear
2. The five universal responses to Fear
3. What are your own personal Masks of Fear
4. Have do you masterfully avoid handling your fear and how to change that behaviour
5. Breaking out of being 'average'
6. Perfectionism
7. Being a 'Control Freak' – not guilty!
8. Processes to restore your bravery
9. How you have compromised your true dreams and aspirations
10. Restoration of your ability to move toward your dreams and aspirations

"I love your work Catherine! You created a safe space for my dreams to grow and to handle some of those things that have stopped me reaching for my dreams".
Kieran Carrigan, Engineer, Paddington

If you want to bring awareness to the area of Fear so that you can work toward getting into a **greater level of action**, achieve more in less time, feel 'bigger', handle those uncomfortable situations in your life or just to be able to sleep easy at night, I invite you to join us.

"Awesome delivery, very real content, not airy-fairy. It was the first time I honestly inspected my fears and could *do* something about them. Thank you!"
John Cullinane, Albany Creek



Your Facilitator:

Catherine Taylor, Director of Powerhouse Coaching & Consulting, is an International Keynote Speaker in the field of Personal Empowerment, Processing and Coaching and an expert in Communication and Business Growth Strategies with more than fifteen years experience in both private practice and the corporate sector.

Catherine has worked with names such as **Mikhail Gorbachev**, **General Norman Schwarzkopf**, Author of “**Rich Dad, Poor Dad**”, Financial Educator and New York Times Best Selling Author **Robert Kiyosaki**, Best Selling Author of “**Sales Dogs**”, **Blair Singer** and Author of “**The Secrets To Power Wealth and Happiness**” and Master Processor **Alan Walter**.

Her past clients include Qantas, Telstra, TNT, BHP Coal, ANZ Bank, Dairy Farmers Association, American Express, Peppers Resorts, Commonwealth Bank and Optus.

Catherine has and continues to study extensively in the U.S. building on her vast knowledge and developing on the application of technology that enables her audience to tap into their innate personal greatness.

Catherine's personal quest to be all she can be and providing knowledge and tools to support others in the same quest enables her to deliver the 'hard' topics with ease in an entertaining, lively and non-judgmental manner.

A Note From Catherine:

"I recently returned from the U.S. after studying and working on an area that we usually run from or attack by bulldozing through – Fear. My fourth trip this year.

Brilliant new developments have been made in the area of fear – we thought we knew it all! After gaining this new knowledge and bringing my own awareness to the area, I personally had great success working with fears that I didn't even know! I am so excited at the changes that this has brought to me personally and the people I have worked with that I am both committed to and passionate about sharing these developments with you.

Have you ever given a thought to what your life would be like if you didn't back away from seemingly difficult situations? Additional to doing things that you may long to do put off and achieving extraordinary results, imagine how you would feel - like a giant!

I have never met anyone who was not affected by fear on some level (unless of course they were living in their comfort zone). I'm confident that this will resonate with you.

Catherine Taylor



Details:

Date: Sat October 28th 2006 1pm – 5pm
Sun October 29th 2006 9.30am – 5.30pm

Venue: TBA, Perth

Investment: \$747 for Workshop and 'Value Pack'

What You'll Get For Your Time and Money:

1½ Days of Personal Breakthroughs in **"Is Fear Keeping You Poor"** Workshop

plus

you will receive an additional **'Value Pack' of \$255 of products and services for no extra charge.**

Included:

"The Secrets To Power, Wealth and Happiness" Book

by Alan Walter

Valued at \$45

A Personal Life & Skills Profiles Analysis™ Consulting Session

Valued at \$210

Early Bird Discount: Paid by October 1st - \$697

**Bookings are essential. Register now
to secure your space!**

Bookings: enquiries@powerhousecc.com.au

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