

Fear of failure (Atychiphobia)

Not everyone experiences fear of failure in the same way however, if you are a person who cannot face failure and therefore not see a point in trying, you maybe be suffering from Atychiphobia. This fear can arise for numerous reason such as having been bullied, experiencing trauma and humiliation. If left unchecked or addressed self-doubt can have an impact on your entire life and ambitions.

How I can help you

- ⚓ Explore why vulnerability is not necessarily a weakness
- ⚓ Learning from your mistakes
- ⚓ Mindset growth
- ⚓ Strategies and tools to face vulnerability and cultivate courage without control of what the outcome will be

