

# SCARED SHITLESS!

MANAGING YOUR  
FEAR OF FAILURE



## SUMMARY LEARNINGS



(Source: Robbie Maddison)

**Fear is ubiquitous, we all feel it, it's part of the human experience. What is important, however, is the story we tell ourselves about our fears.**

**Janine Shepherd (former aerobatic flight instructor):**

"I feel fear all the time, the only difference is I'm no longer afraid of it!"

**Robbie Maddison (world champion motorbike stunt rider):**

"I wouldn't say I am fearless, just have a willingness to work with my fear. Face it front on and just take one step at a time. It's always just a small step, you can't just do a backflip on a bike over 100 feet."

**Simon Wagstaff (former British Army bomb disposal and parachute instructor):** "I was scared. I was still scared, terrified, but wanted now to conquer that so that I could perform to a higher degree, in competition. Always keep an element of -- I don't want to call it fear anymore -- respect, an element of caution."

## **"Familiarity Breeds Control"**

**- Chris Shambrook (5 x Olympic Games Psychology Coach)**

**Janine:** "I never found aerobatic flying scary. It's like anything -- like driving a car, once you understand how that process works, it's not scary. Once you learn to fly and you learn aerodynamics and understand the principles of flight, you become one with that aircraft."

**Simon:** "At the No 1 Parachute Training School in UK the squadron motto is 'Knowledge Disperses Fear' - the more you know the less you are afraid."

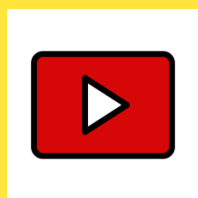
**Robbie:** "I practiced the jump over 3 weeks until I got to the full height, and at the full height I did the jump 10 or 15 times. I practiced in the gear I was going to wear on the night. We did a full dress rehearsal."



**We need to visualize success by stepping through the process -- and the hard yards involved -- step-by-step.**

**Chris:** "Most of the visualisation research is about visualising the process of performing rather than (throws arms up in victory) seeing yourself like this at the end of it, without having done the hard yards."

**Robbie:** "It's mentally picturing all those fine steps, the gear changes, the sounds, the revs of the engine, picturing the ramps. Literally I break it down into every little sequence - you're mindful and picturing it so clearly that you're mindful of the flowers on the side of the track, all these little things."



**Watch the event video replay:**  
<https://bit.ly/3ez3sMq>

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# Success Strategies for Managing Fear of Failure

**So are there ways we can banish it, reframe it, manage it?**

**How do we channel it into something positive?**

**Robbie:** "Preparation is key, no matter what you do, for success."

**Simon:** "You have to say, What are you afraid of? Really analyse and ask yourself, What am I afraid of? If you're thinking I'm not sure I should do that, well, Why Not? Why shouldn't I do that? What am I afraid of?"

**Janine:** "Looking at it from a spiritual perspective, ask What am I really afraid of? There's a great exercise we can do when we look at our fears:

1. What's the worst case scenario?
2. What's the best case scenario?
- 3.. What's the most probably scenario?
4. And what's one action I can take?"

**Chris:** "Think in terms of a Challenge State rather than a Threat State.

1. One in which you've done everything to feel fully in Control.
2. Fully Confident you've got what it takes to do what needs doing
3. A mindset of Curiosity (I'm really interested to see how well I go, I can't wait to see how well the preparation is used. There's freedom in that curiosity."

**FEAR as an acronym can mean:**

**Forget Everything And Run, or, FACE EVERYTHING AND RISE.**



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