



# LOOSENING THE GRIP OF ANXIETY ©

A COURSE DESIGNED TO UNLEASH YOUR  
PERFORMANCE

WITH ROB STEWART

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# WHO IS THIS COURSE FOR?

*"This course is designed for people wanting to be the leader of their lives and not subjected to the agenda of their anxiety."*

*It helps them go from trying to suppress it to understanding how anxiety can be a powerful part of their personal performance toolkit.*

*If you are willing to be interested and investigative about yourself, I invite you to join me."*



# ANXIETY IMPACTS PERFORMANCE

Everyone has anxieties (fears & limiting beliefs), which form part of a skill set that we use to survive in life. However, it can start to take over and represent us on all fronts. It can mean that life doesn't feel the way we wish it would and it can negatively effect your work, relationships, health and wellbeing. Whether you lead an organisation of thousands or you want to create change on a personal level, anxiety can stand in your way.

The good news is that Rob has coached hundreds of people to get past such obstacles and he has designed a course to help you.

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# THE COST OF ANXIETY

- Feeling stuck and unable to move forward.
- Thoughts and actions led by an emotional response.
- Mental & physical wellbeing declines.
- Lower mood, energy & motivation.
- Questioning your own decisions too often.
- Opportunities are not taken.
- Progress is limited.
- Life feels small.
- For companies. . .
  - Poorer communication.
  - Higher turnover costs.
  - Limited performance.
  - Lower staff retention.
  - More presenteeism.

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# OUTCOMES OF THIS COURSE

- Develop a tool box of skills to make your anxiety work for you.
- More confidence in your decisions.
- Better engagement with others.
- Embrace new challenges.
- Increased motivation.
- Greater resilience.
- For companies. . .
  - Higher engagement levels.
  - Improved staff retention.
  - Lower turnover costs.
  - Better company performance.

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# TESTIMONIALS

*“I really enjoyed learning about myself and to see that what I fear is not as much of an obstacle as I thought. I am able to breath and relax more which means I have better relationships with my family.”*  
(Sarah)

*“Discussing my own fears and worries with other people who had similar feelings was amazing. This helped me to see the bigger picture by exploring myself from different perspectives. I became interested about my fears and anxieties rather than avoiding them ”* (David)

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# TESTIMONIALS

*“I liked that Rob explained we are not trying to eradicate anxiety but to learn about it as a character. I never thought of doing this and it made it so much more comfortable to talk about.” (Ann Marie)*

*“I get a lot more done because I am not fearful of making a decision and running with it. I have let go of trying to make a perfect decision and that has been life changing.” (Female NHS patient).*



# WHAT WILL THIS FEEL LIKE?

This course is not designed to eradicate anxiety, but to help you be its Leader.

This is a creative and engaging investigation to Loosen the Grip of Anxiety and create more awareness and options in your life.

As your coach Rob will help you bring skills and strategies to the surface and create solutions that you truly own.

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# WHAT IS THE PROCESS?

**Step One-** 15 minute initial 1-2-1 consultation with Rob.

**Step Two-** The Course. 5 x 90 minute weekly Group coaching sessions.

**Step Three-** 1x60 minute Group Completion Session.

**Step Four-** Membership of Facebook group for continued support.



# BOOK YOUR PLACE ON THE NEXT COURSE

Get 2023 off to an amazing start by working with me!

**The Courses Start on Tuesday  
21st February.**

**You can choose from either  
12noon or 6pm.**

**BOOK NOW**



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# ROBS MISSION

During the COVID lockdowns Rob coached hundreds of NHS patients and private clients. He saw the cost of rising levels of anxiety and worked to help people find more freedom and choice in their lives.

In response to increased levels of anxiety and stress, Rob developed this group coaching course and he has been humbled by the positive outcomes it has brought.

Rob loves to teach people about themselves and their anxiety so they get to own it rather than it owning them.

He is the Sherpa Bear and he helps people Catch their Fish.



# WHO IS ROB?

Rob is the founder of [Sherpa Bear Coaching](#).

He is a professionally trained and certified Life Coach and has a background in teaching and training that he combines to serve his clients.

He coaches private clients, management teams, leaders and devotes time to helping younger clients navigate uncertain times.

To learn a little more about Robs approach, watch this short video.





# THE PROCESS

## STEP ONE

**15 minute initial 1-2-1  
consultation with Rob.**

I will help you define what you want to achieve whilst on the programme, so we both know what success will look and feel like for you.



# THE PROCESS

## STEP TWO

**5 x 90 minute weekly Group coaching sessions.**

I will be your guide as we move through 5 stages of Loosening the Grip of Anxiety.

This will include

- Peer to peer coaching.
- Shared story telling.
- Perspective work.
- Development of your Inner Team.
- Leadership skills.



# THE PROCESS

## STEP THREE

### **60 minute Completion session**

We meet one last time to celebrate all of the progress and learning points each person has been through whilst on the course.

We will also do some visioning to look at what opportunities lie ahead

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# THE PROCESS

## STEP FOUR

### Loosening the Grip of Anxiety Facebook Group

You will be able to join this supportive and informative community and enjoy engaging with regular posts to help your progress and that of other members,

- Thought provoking questions.
- Peer to peer sharing.
- Inspiring tips.
- Quarterly online live event.
- Discounts of other Sherpa Bear Coaching products.

[BOOK NOW](#)



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