




4 Ways to be Fearless



Comfort Zone: Where have you become too comfy?

Stretch Zone: What is stretching you to learn & grow?

Panic Zone: Where do you need support?

-  Recognise and reward yourself
Acknowledge your achievements
-  Celebrate your successes
Where have you made progress?
-  What have you overcome?

4 Ways to be Fearless



Name the Fear! Journal prompts

- What's the real challenge here?
- Who could support me?
- How will I feel when I've done this?
- What is getting in my way?
- What is my first next step?

WATCH 4 WAYS HERE



<https://foodies.fearlessfoodies.co.uk/4-ways-to-be-fearless>

Difficult conversation? Stay CALM!

- C Clarify the issue**
State the concern clearly and factually, without blame
- A Acknowledge their perspective**
Demonstrate empathy—what might they be feeling?
- L Listen actively**
Give them space to respond before jumping in with solutions
- M Move towards a solution**
Ask: "How can we resolve this together?"

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The FEARLESS FOODIE Podcast



Hi There,

I created The Fearless Foodie to champion the **brave, bold humans behind the food and retail industry.**

It's a space for **honest chats, practical tools**, and the reminder that being fearless doesn't mean having it all sorted - it means showing up anyway, especially when the **industry we love feels like sometimes it's breaking us.**

If that speaks to you, have a listen. And if it hits home, **pin this up on your notice board or pass it on.**

Because **your voice matters. And fearless starts with you.**

Scan the QR code or search The Fearless Foodie wherever you get your podcasts.

Amy



Amy Wilkinson | The Fearless Foodie Host | amy@fearlessfoodies.co.uk