

# Dareu2bu Counseling Presents:

# Overcoming Fear of Failure



## Preparing Youth For a Successful Future

*"Fear is the most toxic substance infecting the lives of our youth and hindering their ability to succeed in their pursuits."*

Many adolescents develop high anxiety levels during their junior and senior years as they contemplate life transitions away from the security of the structured home and school environment. They have had several years of structured environments that provided them with academic, financial, and emotional support with limited guidance on cultivating the skills necessary to successfully transition into the "real world." The anticipation of leaving the structured environments of home and school often prompts the fear of failure. The Overcoming Fear of Failure Workshop helps high school juniors and seniors prepare for significant life transitions. This workshop will support youth who may experience anxiety about these critical life transitions. They need support in learning how to acquire the skills necessary to deal with stress activators igniting fear in their life. Students will begin developing the confidence required to manage their life successfully. These youth can develop the emotional intelligence to identify their concerns, evaluate their source, understand the impact, apply knowledge to conquer them, and manage their emotions. They will have the key factors necessary for overcoming their fear of failure.

### 1

#### DEFINING FEAR

Youth who can define their fear can be able to conquer them.

### 2

#### ELEMENTS OF FEAR

Youth who can recognize the elements of fear can strategically address them.

### 3

#### OVERCOMING FEAR

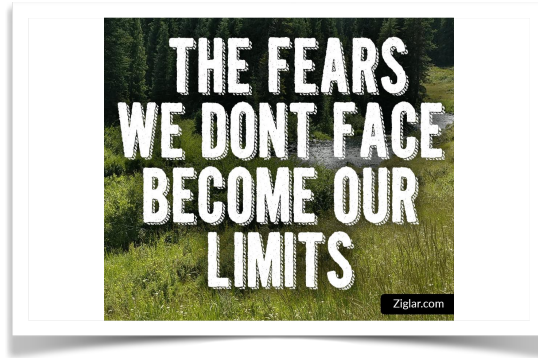
Youth who can strategically define and plan ways to address fears can overcome them.

## Workshop Elements:

*“Resilience is a ‘bounce-back attitude’ cultivated to overcome fear.”*

Students will learn the importance of cultivating positive self-esteem, effective communication, boundary setting, improved executive functioning, goal setting, and internal conflict management through a therapeutic coaching experience addressing:

- Social Emotional Learning
- F.E.A.R Assessment
- Problematic Attitudes Promoting F.E.A.R
- Untapped Potential Promoting F.E.A.R
- Goal Setting to Address F.E.A.R
- Boundary Setting to Overcome F.E.A.R
- Dysfunctional Relationship



Dynamics that Impact F.E.A.R

**“Knowing the potential for success can trigger the fear of failure. It’s the fear of not having the skills, strength, or perseverance needed to cross the finish line.”**

### Workshop Information:

Date: April 15, 2023

Time: 9:30am - 2:00pm (Lunch is included)

Location: 84 NE 410 Loop, San Antonio, TX  
(tentative-location may change based on number of participants)

Register using the QR code:

## DONETTA QUINONES, PH.D, LPC

Dr. Donetta Quinones, CEO of Academic Research Solutions, Inc., has a thriving practice in the state of Washington and Texas. She supports clients in cultivating skills necessary for academic, personal, and professional development. Dr. Quinones incorporates therapeutic modalities that promote a nurturing environment for clients to gain insight, promote understanding, and develop confidence in overcoming life challenges in pursuing academic and professional goals.

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