



#fearisstupid: from Fearful to Vulnerable to Victorious!



Hello! I am [Tryphena Wade](#). I am a graduate of Howard University, a successful [Broadway actor and singer](#), a [blogger](#), [podcaster](#), world traveler, adventurer, and [self-published author](#). Through all my accomplishments, I have had to navigate three stages. I have had to acknowledge my personal fears, confront the vulnerabilities that came with those fears, and make a choice to push past them rather than allow them to rule me and keep me from my personal victories. I have executed this process again and again, and it has helped me achieve goals that would have been unavailable to me if I had allowed fear to win. The process is never easy. But it has

proven necessary to get me moving toward my personal victories. If you are familiar with my brand, you know that one of my catch phrases is [Fear Is Stupid](#). For me, that phrase is a reminder that fear may come, but I do not have to allow it to rule me.

But enough about me.

This course is all about ***you!***

God has given you a vision, a purpose, or a goal and on the way to achieving those things, you have encountered the ultimate thief of freedom and progress: fear. It has hindered you, slowed you down, maybe even stopped you dead in your tracks! Perhaps you're able to pinpoint those fears; maybe not. Well, I'm here to help you identify your fears, kick them in the teeth, and get free from them so you can make moves toward ***your*** goals.

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Overview

This course is a three week experience. This will be a one-on-one process that will allow me to give you specific and targeted attention. We will begin with a chat via skype, in person, or over the phone. We will use this time to get to know a bit about one another and determine your specific challenges and goals. Once we've solidified those things I will send you a breakdown of goals and expectations for the course as well as what we will be focusing on each week. The course will include discussions, activities, and homework specific to your challenges. Every individual is different so the course experience will be catered to you and your particular needs. You may choose to begin your coaching experience with the course or jump right in to weekly sessions. It all depends on your needs and goals.

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This does not mean that you don't ever feel fear. This means that you choose to move forward in the face of fear. My life experience has proven to me that the euphoria of fearlessness trumps the comfort of staying "safe". You owe it to yourself to experience that.

If you have a desire to move fearlessly and boldly through life, this course is for you!

For more info, pricing structure, and registration, contact me at tryphenawade@me.com.

Let's get started!