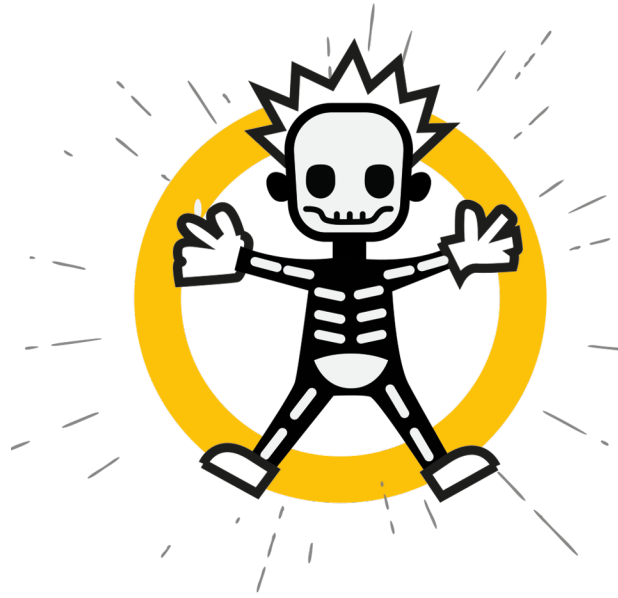


# THE JOLT



## THE FEAR EDITION

**THE TOP 10 THINGS WE FEAR THE MOST ABOUT WORK**

**We asked The Jolt subscribers  
all over the world one question:**

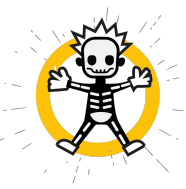
**What's your greatest work fear?**

**And here is what they said...**



The Jolt is a free careers newsletter with real world advice from people who've done it. Candid, scrappy and fighting your corner with passion, we're the best boss you never had.

Sign up at [www.feelthejolt.com](http://www.feelthejolt.com)



# #10 FOBFO

## Fear of Being Found Out.

*"I am terrified that someone at my place of work will eventually realise that I really don't know what I am doing - they'll tap me on the shoulder and quietly (or not so quietly) tell me that I should leave, and am being replaced with someone who can do the job properly."*

*Executive at a Retail Bank*

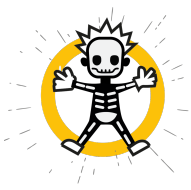
**THE JOLT:** Imposter syndrome is a very real affliction. The legendary author Maya Angelou summed it up best:

*"I have written 11 books, but each time I think, 'Uh oh, they're going to find out now. I've run a game on everybody, and they're going to find me out.'"*

You might be surprised to hear that it's particularly prevalent amongst CEO's and high-achievers (the irony?) and amplified further in those who compare themselves to others and crave perfection.

Our message? You are where you are because you deserve it. Go easy on yourself Jolters.





## #9 FOI

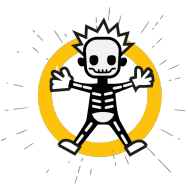
### Fear of Irrelevance.

*“I’m terrified that I’ll be stagnant. Right now I’m not learning as much as I would like to. I feel like I’m missing valuable time to move my career forward. I will be stuck doing something I don’t want to do.”*

*Account Manager.*

**THE JOLT:** Sometimes, what feels like a fear is actually a terrific internal energy for change. Think of it as the voice of your inner confidence, giving you a nudge. It’s telling you that you are capable of more, and it’s urging you to listen. Listen! It means well.





Let's get our core competencies into a scalable solution we can leverage!

## #8 FOBOTBSYTY

**Fear of Being Over-taken By Someone Younger Than You.**

*"I'm terrified of having a boss 20 years younger than me"*

*Founder, on-line business.*

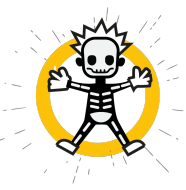
**THE JOLT:** at some point, you probably will have a boss who is younger than you. But how do you keep your ego outside of the relationship? Just because someone is young, doesn't make them a bad leader.

Our negative reactions tend to be fuelled less by age, but more by perceived experience; and when someone is above you with 10 years less wisdom under their belt, that can feel bruising.

Ask yourself, what is it they do that got them to where they are? What can you learn?

Above all, be a good partner; provide them with support, insights and respect. Be the person that you'd want if you were in their shoes.

Even if those shoes are really, really small.



# #7 FOBU

## Fear of Being Underestimated.

*"I constantly worry I'm not seen for what I'm truly capable of. That I'll never find the right moment or opportunity to shine"*

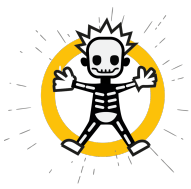
*Accountant.*

**THE JOLT:** we hear this a lot at The Jolt, and our first question is to ask, why? Often times, we find out someone is in the wrong role and trying to push their performance inside a box that doesn't fit them. Other-times, they're under-appreciating how much luck, timing and good fortune goes into having a moment in lights.

Either way, if this is you, it's time to go deep inside and explore why you feel like this.


Ask yourself: *why do I feel underestimated?* Write it down and start from there. Pinkie promise you might be surprised what comes up.





## #6 FOTPCU

### Fear of The Past Catching Up.

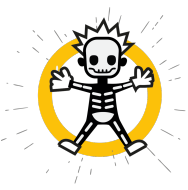


...about that email  
you wrote to me in  
2006. I have a bone  
to pick with you.

*"...the unexpected problem that turns up on a Tuesday (it's always a Tuesday) evening, that's related to something I said or did off the cuff many months ago and now has blossomed into a full blown "issue". Might be a social media post, or a customer commitment, or a piece of feedback given in an appraisal. It could be almost anything... a presentation slide or an unwary comment to a colleague. Something that has been long forgotten, done in haste, that comes back to bite. I have no idea what it could be ... and that's why it is so scary. It's much more scary to walk through an empty graveyard than a ghost train. The demons of what could it be! Ugh. "*

*Anonymous*

**THE JOLT:** the only thing you can control in life is you. Nothing else. Once you have this concept firmly in your work-armour, it'll a) help regulate your behaviour at work for the better and b) make you realize, that its pointless to worry about what happened in the past.



## #5 FOTR-O

### Fear of The Re-Org

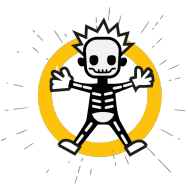
*“RE-ORGS!!! All the freekin’ endless RE-ORGS! I can’t count on 2 hands and 2 feet how many re-orgs I have suffered through in my corporate life. Sometimes it feels like executives initiate re-orgs merely to justify their jobs... then the re-org is complete, and leadership is taking a bow and talking about how smart and awesome they are and patting themselves on the back saying it is the best thing for the business - and then POOF! Another re-org. If the first re-org was so successful, why the hell are we doing it again? And no one thinks of the staff that are worried about losing their jobs every time a re-org comes up. Talk about a Halloween Horror!*

*Executive Assistant*

**THE JOLT:** Re-org’s are the outcomes of change. Change is a constant. Unless you’re the one implementing the re-org, we have one very simple and direct question to ask whenever it happens;

“What does success look like under the new structure?” Then go for it.





## #4 FOPS

### Fear of Public Speaking

*“I shake to my boots. I hate it. Public speaking makes me feel sick and I feel like the whole world will see how stupid and nervous I am.”*

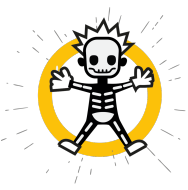
*EVP of Content*

**THE JOLT:** It’s one of the Top 10 fears of humans in general, and there’s nothing wrong with it. You can’t fix this fear in an instant – but you CAN fix it over time by not avoiding it in the first place. Practice kills fear.

Start by remembering the following tips when you next present:

- Know your audience first. The material comes second.
- The presentation is not about you, it’s about the information you’re giving.
- Be yourself & make eye contact. It’s a cliché but it works every-time.
- Breathe and pause as much as you like. Pauses are not as long as they feel.
- Imagine everyone in the audience sitting on the toilet. It’s a great humanizer.\*

\* Actual technique used by a professional speaker




## #3 FOR

### Fear of Redundancy

*"I constantly feel like I'm going to be next. I try my best to keep my head down and do my job but I worry I'm going to be laid off all the time".*

*Marketing Manager*

A photograph of a brick wall with a pumpkin carved with a 'G' logo. A speech bubble points to the pumpkin.

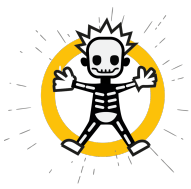
Nothing to see here folks. I'm just doing the filing. Move along.

**THE JOLT:** Some tough love Jolters. If you're keeping your head down and flying under the radar, you may well be the first to go. The best advice we were ever given? Operate like you've been fired anyway. Some of the best work people do is when they've found their next role and the work worries disappear. You become fearless.

Pick your head up. Have strong opinions. Take up space. Challenge the status quo. Ask why. Give unsolicited feedback. Raise your hand. Be curious.

Operate like this and you'll become more valuable, more productive and a heck of a lot more interesting to have on a team.





## #2 FOMM

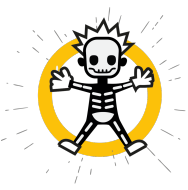
### Fear of Monday Morning

*“My worries start Sunday afternoon, and they’re worse if I have a hang-over. I wish the weekend would last for ever. By Sunday night, I feel down and depressed, worrying about all the issues facing me Monday”*

*Creative Lead*

**THE JOLT:** If there’s ever anything telling you that you need to change jobs, it’s this one. Life is far too short. Fear of Monday Morning is actually called Lunaediesophobia. Pretty ugly, huh? There’s no panacea for the Monday blues, but you can try these steps to put yourself in the driving seat for change;

1. Know that hang-overs make everything worse.
2. Remember your purpose. Perhaps it’s out of whack.
3. Write down a plan to improve the week ahead. 5 simple actions.
4. Plan to make a change; there’s a reason why your Monday sucks.
5. Remember that today is the tomorrow you worried about yesterday.



# #1 FOTAR

## Fear of Taking A Risk

*“My greatest fear is I’ll get to retirement and will look back and kick myself so hard that I didn’t take the leap to work for myself. Or try something different. Or travel. Or all of the above. I’m so focused on performing at work and the money and the bonuses but I’m too scared to quit”.*

*CEO, Consumer Goods*

### THE JOLT:

“Time does not pass, it continues”, Marty Rubin, Author

It is better to regret the things you do, than the things you don’t do.



With love, The Jolt 

[www.feelthejolt.com](http://www.feelthejolt.com)