

Peterborough Petes' performance coach has new book on conquering fear

Brenley Shapiro launches *Fearless: Inspiring Greatness From Within* at Chapters

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*Peterborough Petes mental performance coach Brenley Shapiro signs a copy of her new book, *Fearless: Inspiring Greatness From Within*, for Jamie Condon at a book signing and meet and greet event at Chapters on Saturday June 2, 2018 in Peterborough, Ont. - Clifford Skarstedt, Clifford Skarstedt/Examiner*

The greatest obstacle to success on the field or off it is often fear, says the Peterborough Petes' mental performance coach.

Fear of failure, fear of what others will think, fear of the unknown are challenges faced not just by elite athletes but by everyone, says Brenley Shapiro.

While some of her new book relates to athletic performance there are strategies for everyone in *Fearless: Inspiring Greatness From Within*. Shapiro launched the book, with help from Petes staff and players, at Chapters on Saturday afternoon.

"Working with high-level athletes and high-level performers in general, I always feel fear is one of the biggest barriers for success and productivity," said Shapiro. "The motive for the book was to help people break through fear. It's a natural human emotion. You're going to have fears and insecurities whether it's on the ice or just life in general.

"I wanted to take the work I do to help athletes and high-level performers and apply those strategies to your own personal or professional life. It's also for parents to be able to help kids who are going through the wonderful world of competitive sport to help make the journey a lot more enjoyable along the way. How do you live your best life and how do you be the best you that you can be?"

Awareness is the first step of three required to deal with fear – find it, fix it, forget it, she says.

Shapiro offers mental exercises to help understand what might be standing in the way of success or happiness.

Failure has become an overwhelming fear for many.

"Failure has become a dirty word in our society. Nobody wants to fail, right? We stay away from confronting weakness or things that are difficult because we don't want to fail," she said. "I like to shift the mindset. Failure is just a chance to try it again a little smarter the next time."

Forgetting it is a key step.

"What is it I did wrong, how am I going to make it better and then your job is to move on," she said. "If you are able to do that then you are able to grow. You're not beating yourself down or afraid to try."

Fail forward is how she puts it.

"We're all going to hit roadblocks in our life so let's just learn how to do it better," she said.

Shapiro has enjoyed working with the Petes.

"They've really embraced my philosophy and from top to bottom it's really been an incredible experience," she said.

Shapiro is a sport psychology and performance consultant, cognitive behavioural psychotherapist and certified sports vision trainer. Her self-published book retails for \$19.90 plus tax. It is available at Chapters, at www.headsuphighperformance.ca (<http://www.headsuphighperformance.ca>) and in coming weeks will be online at Amazon, Barnes and Noble, Chapters and Indigo.

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