

## **Coaching Professors Online and On-ground Life-Path Workshops**

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928-282-7447

**The “Comfort Zone”** – A protective and "attractive" place for the “Self” to hide, the comfort zone actually stops us from truly achieving our full life potential. Why do we create comfort zones? What are the consequences of this choice? How do we step out of this "not so golden" cage? These and other questions are covered and solutions are offered in this workshop..

### **QUESTION: What Is The Comfort Zone?**

**ANSWER:** The comfort zone is an area that is created by the human mind to give one a perception of control and a feeling of safety. Unfortunately, the comfort zone is actually a golden cage, from which, a person might not be able to escape – thus becoming bored, lethargic, fearful of any event outside of the comfort zone, while developing a loss of interest in most events (*and relationships*)

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### **QUESTION: Why Is The Comfort Zone A Bad Thing?**

**ANSWER:** We like to stay away from the definitions "good and bad" as these terms are quite relative and change from person to person. Instead, we use the terms effective and ineffective.

The problem with the “comfort zone” is that its really a trap. It keeps you in a place where boredom is pervasive and any excitement and learning are no longer possible. If one wants to feel alive, enjoy life at its fullest, be socially successful, live longer, and be open to learning more experiences as well as contribute more in life, one must get out of the comfort zone. This means that one must overcome the perceived fear of the unknown that the mind uses to keep us "safe" when were really trapped in a golden cage.

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### **QUESTION: Will I Learn How To Stay Out Of The Comfort Zone?**

**ANSWER:** It will be your choice, but our guess, based on training over 120,000 people in 30 years, is that you will continue to phase shift "in and out" of your comfort zone...but you will no longer be trapped in it...

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