

Bisi MacGregor - Founder of Fear2Freedom, Helping People Master and Transcend Their Internal Fears - Episode 238

Show Notes

In this episode:

- How Bisi freed herself from everything she knew in the corporate world so she could live a life her soul recognized
- Reframing fear so you can stay on your path to growth and expansion even when fear comes up (which will be often – that’s totally normal!)
- How to have conversations with fear so you can remember what you’re here to do
- Ways fear can trick you into hushing your authentic voice and why that keeps you from those you are meant to serve
- The biggest challenges female leaders are facing today
- Three pillars to Live More, Fear Less and to walk in the fullness of who you are
- What to do when you notice you are operating from a place of fear
- How Bisi is being called to serve women to empower them to raise a generation of fearless children

Notable quotes:

“Remember the possibilities that await if you're able to walk through the fear. Hold fear in one hand, courage in the other, and just walk.” – Bisi MacGregor

“Instead of seeing fear as a stop sign, see it as a confirmation of your growth. The only reason fear pops its head up is that you're venturing out of your comfort zone. You're on your way to expansion.” – Bisi MacGregor

“Fear basically says, ‘It's way too risky to be yourself.’ The more we listen to that, the further away we are from the people we're meant to serve.” – Bisi MacGregor

“Ask yourself: What is it that I want? Is this me, or is this my fear?” – Bisi MacGregor

3 Pearls of Wisdom:

1. The world needs the essence of you.
2. You are not your fear. You have fear, but you are not it.
3. You got this! You can do it, whatever “it” is for you.

Resources:

Bisi MacGregor, Founder of Fear2Freedom, Helping People Master and Transcend Their Internal Fears

Website: www.bisimacgregor.com/

Facebook: www.facebook.com/beehmac

Instagram: www.instagram.com/bisimacgregor

LinkedIn: www.linkedin.com/in/bisimacgregor/

Link to the show: <https://www.kamiguildner.com/ewr-bisi-macgregor-238>

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