

PRESS KIT

Purpose

Julian is an expert on ANXIETY AT WORK and HOW TO BE FEARLESS WITHOUT BEING FOOLISH.

He is committed to creating a world in which political, corporate and community leaders are more psychologically aware and hence more effective.

Julian loves to answer the following questions:

- What's the difference between anxiety, fear and stress?
- What are some of the common anxieties people struggle with at work?
- Is anxiety always a bad thing?
- What got you interested in anxiety at work?
- You talk about anxiety being a response to a perceived threat. What kinds of threats do people experience at work?
- You talk about managing anxiety. Is that something we should be doing, and if so, how?
- You talk about being fearless without being foolish. Why is being fearless so important? And what makes us foolish?

Julian delivers the following workshops

Anxiety at Work™

This workshop highlights the role anxiety plays in the workplace, as well as strategies for managing it. Participants learn the difference between rational and irrational anxiety, and between conscious and unconscious anxiety. Using the Anxiety Matrix, participants learn how purposeful behaviours at work depend on understanding their own and others' anxiety.

How to be fearless without being foolish™

This workshop emphasizes the importance of courageous action in the face of VUCA (volatility, uncertainty, complexity and ambiguity). It shows how there is risk in taking courageous action *and* there is risk in not taking courageous action. Using the Trusted Leader matrix, participants learn how to be fearless without being foolish by mitigating the risks of courageous action by understanding their own and others' anxiety.

Bio

Julian Humphreys is a psychoanalytically-oriented executive and leadership coach based in Toronto, Canada.

He coaches leaders in the areas of communication, time management, decision-making, delegation, and work-life balance.

Julian writes a column for Psychology Today called 'Anxiety at Work: How to be fearless without being foolish.'

He is also the Founder and Editor-in-Chief of Philosophy of Coaching, a bi-annual, peer-reviewed, open access academic journal serving the coaching community.

Julian earned his PhD from the University of Toronto in 2010 and has presented at international conferences in Europe and North America, including at UNESCO, Harvard, NYU, McGill, Queens, and the University of Toronto.

Julian has completed training in both Co-Active Coaching and Organizational Relationship and Systems Coaching (ORSC), and is a Certified Practitioner of the Leadership Circle Profile 360 and Leadership Culture Survey. He has completed additional training in Acceptance and Commitment Therapy (ACT), Dialectical Behavioral Therapy (DBT), Existential Psychotherapy, and the Psychoanalytic Understanding of Work Groups, Organizational Dynamics and Leadership. He holds the Professional Certified Coach credential from the International Coach Federation (ICF) and is on the Board of Directors of the Toronto chapter of the ICF.

Julian is an Associate Coach with The Niagara Institute, Career Compass Canada, and EdmondsRose, and has coached leaders in organizations including Microsoft, Expeditors, Bank of Montreal, Shaw Media, FSCO, LifeLabs, Ontario Energy Board, Rouge Valley Health System and the Ontario Public Service.

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Photos

