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# Transforming Fear into Greatness

“ Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us.

~ Marianne Williamson ”

**DATE:**  
**Thursday,**  
**April 13, 2023**

**TIME:**  
**4:30 to 6:00 PM EDT**

**COST**  
**\$55 per person**

Fear can prevent us from achieving great heights of success by distorting reality or being grounded in false beliefs. FEAR is False Evidence Appearing Real. Stepping up and identifying factors that prevent us from achieving greatness and preventing us from staying in our comfort zone is critical in achieving confidence. Confidence does not require fearlessness, instead, it is the ability to step into uncharted territory and get comfortable with the uncomfortable. Through this process, we learn to navigate uncertainty and know that we have what it takes to grow. This is the reason for Virtual Patent Gateway (VPG) decided to approach Dr. Yusim to provide practical guidance to help identify and transform fear based on the exercises and her practices from her book, *Fulfilled: How the Science of Spirituality Can Help You Live a Happier, More Meaningful Life*.



**WORKSHOP FACILITATOR:**  
**Anna Yusim, MD**

clients including Forbes 500 CEOs, Olympic athletes, A-list actors and actresses, and the Chairs of academic departments at top universities, Dr. Anna Yusim has helped over 2000 people in 60 countries achieve greater impact, purpose, and joy in their life and work.

After working as a neurobiology researcher with Dr. Robert Sapolsky Ph.D. and completing her studies at Stanford, Yale Medical School, and the NYU Psychiatry Residency Training Program, Dr. Yusim felt that something was missing from her life. In her quest to find it, she traveled, lived and worked in over 70 countries, while studying Kabbalah, learning Buddhist meditation, and working with South American shamans and Indian gurus.

As a highly sought-after speaker, Dr. Yusim gives keynotes for physicians and professionals worldwide on topics related to mental health and spirituality, thriving post-COVID, preventing burnout, physicians as meaning-makers, and resilience. For healthcare professionals, corporate leaders, and community members, she also conducts workshops to empower individuals to sharpen their intuition, cultivate authenticity, awaken self-compassion, enhance their capacity for empathy, and improve their ability to connect with others.

For more details about Dr. Yusim, please visit [annayusim.com](http://annayusim.com)

Dr. Anna Yusim is an internationally recognized, award-winning Board-Certified, Stanford- and Yale-educated Psychiatrist & Executive Coach with a Private Practice in New York City and Connecticut. She is the best-selling author of *Fulfilled: How the Science of Spirituality Can Help You Live a Happier, More Meaningful Life*. On the Clinical Faculty at Yale Medical School, Dr. Yusim is presently creating a Spirituality & Mental Health Center at Yale.