



# The Alchemy of Fear

*Kay Gilley*

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## **The Alchemy of Fear** Kay Gilley

The dramatic effects of downsizing, mergers, and reengineering have created a climate of fear in the workplace, fears that generally go unacknowledged. The Alchemy of Fear teaches us how to accept our emotions in order to become empowered and to take back our power over these fears. Our emotions are rich with information which could make our organizations run effectively, while freeing creativity, energy, and joy into our workplaces.

The Alchemy of Fear is a handbook for action. Drawn from the author's extensive experience, it examines workplace fear, what emotional competence looks like at work, how we handle fears at work, and the love and energy that result when we do these things. Nothing improves a group's effectiveness or their spirit more quickly than changing the relationship members have with fear.

Kay Gilley brings nearly 30 years experience working in general and human resource management to her current work as a leadership and organizational development consultant, specializing in guiding the development of leaders and what she calls "intentional organizations."

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