

GETABSTRACT REVIEW OF

Out Of Comfort Zone

Cutting Edge Business Lessons Based on Sports Psychology from the Experience of an Extreme Swimmer

Personal growth involves stepping out of your comfort zone, facing fears, and continuously learning and challenging yourself to achieve new goals and a deeper sense of purpose.

Discussion Questions

1. Can you recall a recent experience where you moved outside your comfort zone? What fears did you confront, and how did you overcome them?
2. How do you stay motivated to continue learning and growing, especially when faced with challenges?
3. How have endurance and resilience learned from sports or other activities helped you in your personal or professional life?
4. Share an experience where trying something new led to significant personal growth. How did you trust yourself to take that step?
5. Describe an activity where you experience a state of flow. What elements contribute to this state for you?

STEP 1

Have your team read the [getAbstract summary](#).

STEP 2

Schedule a team meeting to discuss the questions below.

STEP 3

Have a discussion with your team.

“Desire, determination and taking risks despite the possibility of failing make you stronger and push your growth zone..”

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Deniz Kayadelen

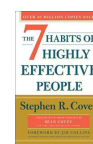
Additional resources



Ready, Set, Flow



Lessons from Sports



The 7 Habits of Highly Effective People