

# A Fear-less *You*

## Fear-LESS YOU FAQs.

### 1. Why should I take part in A Fear-LESS YOU?

*You have more potential than you have explored. If fear, of any kind, has been a hindrance, then you need this program.*

### 2. Do I have to pay to participate?

*You do not have to pay for now. You can give a donation of any amount through the website to The Enrich Co. the company that hosts the program. You may need to purchase the book as well. The workbook and manuals are provided free on the website.*

### 3. What is a hub?

*A group of buddies meeting together. You choose your hub name.*

### 4. Can anyone lead a hub?

*Yes, we provide you with a manual and follow up training.*

### 5. How do I join?

*It's simple:*

- Find some buddies: 5-10 people
- Commit to 10 weeks/2 hours per week.
- Decide on a name for your buddy group (Hub).
- Choose a leader among you.
- Register your Hub details on our website.
- Purchase book: Workbook and manuals provided free.
- Start program.

### 6. How long does the Fear-LESS YOU program run?

*The program runs for 10 weeks with a run time of about 2 hours a week. One hour will be to read a chapter and respond in the workbook questions. One hour will be to meet up with your buddies in your hub. You will need about 20 hours for the whole program. Feel free to use more time if you have it.*

### 7. Can I do the program on my own?

*No. If this is going to be as beneficial as it can be, you will need support. This is why it's best done in a hub.*

### 8. How can I trust my Hub buddies?

*By making yourself trustworthy. Commit to your hub buddies. Commit to honesty and confidentiality and they will respond in the same way.*

### 9. Do I have to do all the 10 weeks?

*Yes, it will be most beneficial to you if you commit to all the 10 weeks. 20 hours in almost three months is very little time for the benefit you get out of the program.*

### 10. What happens if my Hub needs more time than 10 weeks?

*You can schedule more time a week as a hub.*

### 11. Can I get more help if I find that I need more than 10 weeks to deal with my fears?

*The author of the program is available for private sessions. These will be paid sessions. Reach out by email through the website for more information.*

### 12. Do the Hubs have to meet in person?

*No. Hubs decide on the most convenient mode for the sessions. In person or online are all possibilities.*

### 13. How do I find Hub buddies?

*Anyone in your network can be a hub buddy. Ask some people in your network. Most people are just waiting for someone to invite them in. You be the person that invites someone.*

### 14. Can I drop out of a Hub if I don't like it after I join?

*No, it would not be recommended. Your Hub buddies are depending on you for their healing. Stick it through with them, you will be glad you did.*

### 15. How can I contribute to The Enrich Co.?

*The Enrich Co. runs most programs on generous donations from people like you. Consider giving a one time or monthly contribution. You can contribute by buying the products and spreading the word.*

### 16. Is the program useful if I am not religious?

*Yes, fear is a universal challenge. The Bible is referenced as a resource, but you do not have to be religious to participate.*

### 17. How can I share about what I am learning?

*You can share weekly take outs on your social media platforms, send emails, write blogs and articles under the hashtag #afearlessyou. This way other people can learn from your experience.*

### 18. Can I do another 10 weeks if I find that I need more of the experience?

*Yes. Consider being a Hub leader the next time round so that you can help other people. Knowledge is most retained when shared with others. You can make a difference.*

### 19. Do I keep the workbook?

*Yes, that's yours. Tear off the last weeks to pin in a place you can visually access so you can remember your commitments.*

**Feel free to reach out with more questions. We are happy for you that you are doing this for yourself.**

[www.uniakiima.com](http://www.uniakiima.com)

