



Welcome to

FEAR IS YOUR FUTURE

with Penny Locaso

BKindred



BKindred

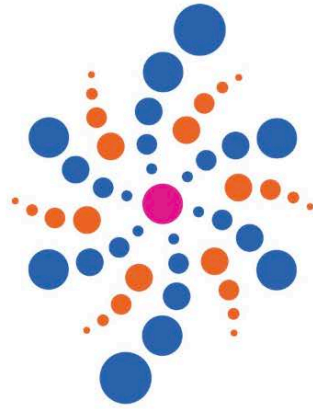
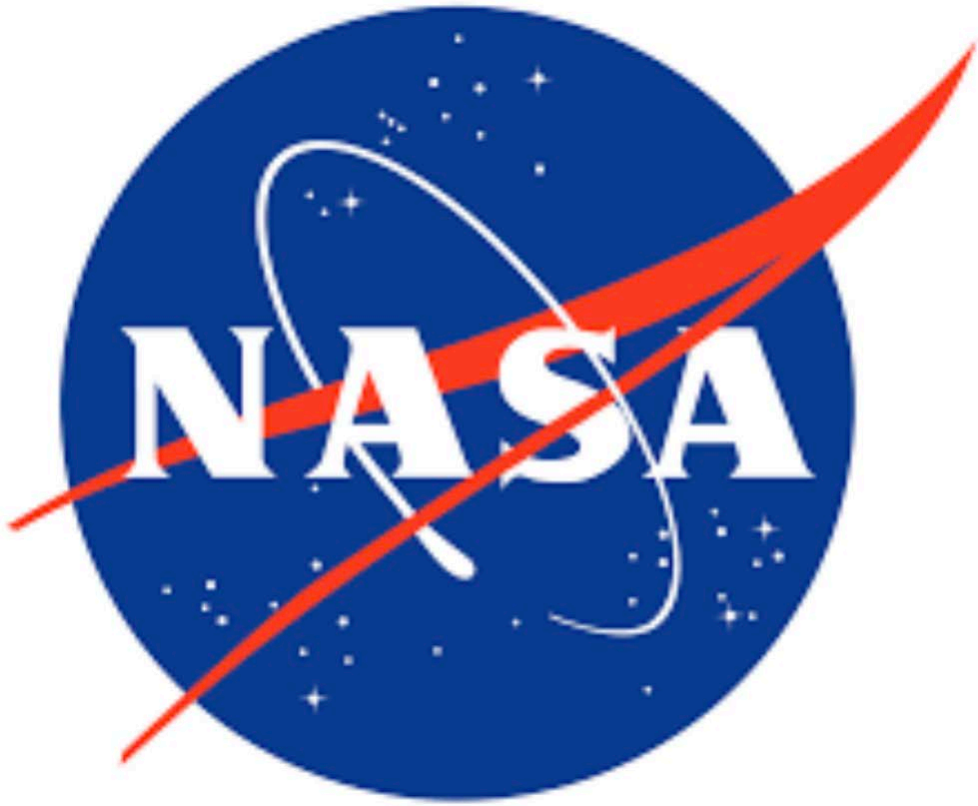


BKindred



BKindred

©BKindred 2018



Singularity
UNIVERSITY

FEAR GOT ME TO NASA

BKindred

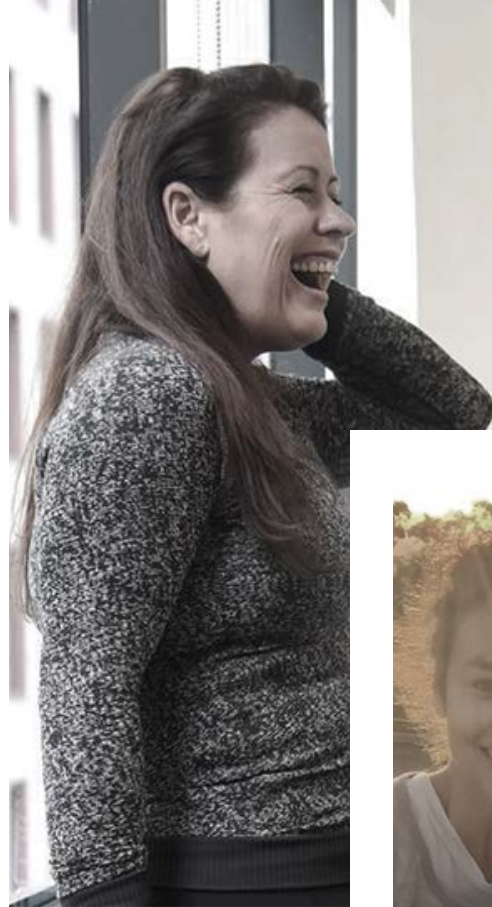
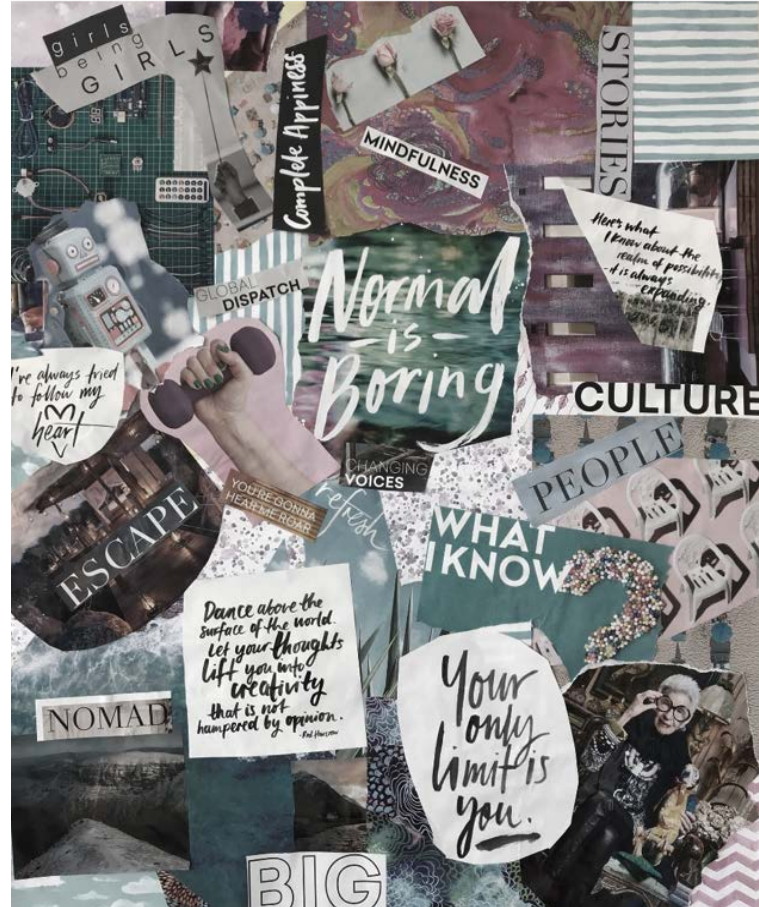


WHO AM I?

BKindred



BKindred





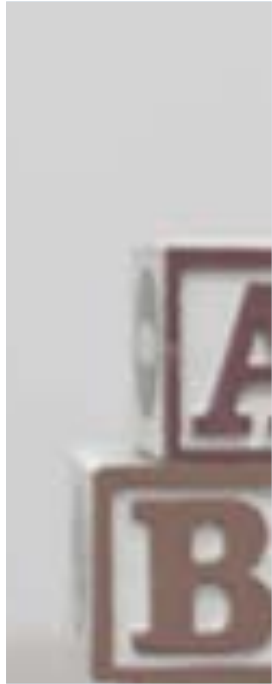
BKindred

THE WORLD IS CHANGING

BKindred

“57% of jobs across the OECD are at risk of automation.”

- AT Work 2.0 Report, Citibank & Oxford



“65% of children entering primary schools today will ultimately work in new job types and functions that currently don't yet exist.”

- The Future Of Jobs, World Economic Forum

BKindred

Elon Musk launches Neuralink, a venture to merge the human brain with AI

Rockets, cars, and now brain chips

By Nick Statt | @nickstatt | Mar 27, 2017, 4:10pm EDT



BKindred



If change is the only certainty
how do we prepare for the
infinite unknown?

BKindred

A vibrant, fantastical landscape from the movie 'The Lorax'. The scene is filled with colorful, fluffy trees in shades of orange, yellow, and pink. In the background, there are rolling hills and mountains, some with waterfalls. A winding river flows through the valley. The sky is blue with soft, white clouds. The overall atmosphere is bright and cheerful.

Unless someone like you cares a whole awful lot,
Nothing is going to get better. It's not.
-DR. Seuss, The Lorax

BKindred

A man with a beard and long hair, wearing a dark hoodie with a grey quilted vest, stands in front of a chalkboard. On either side of him are large, white chalk-drawn illustrations of clenched fists. The man has a serious expression and his arms are crossed.

MAKE FEAR YOUR FUTURE

BKindred



WHAT IS FEAR?

BKindred

BKindred

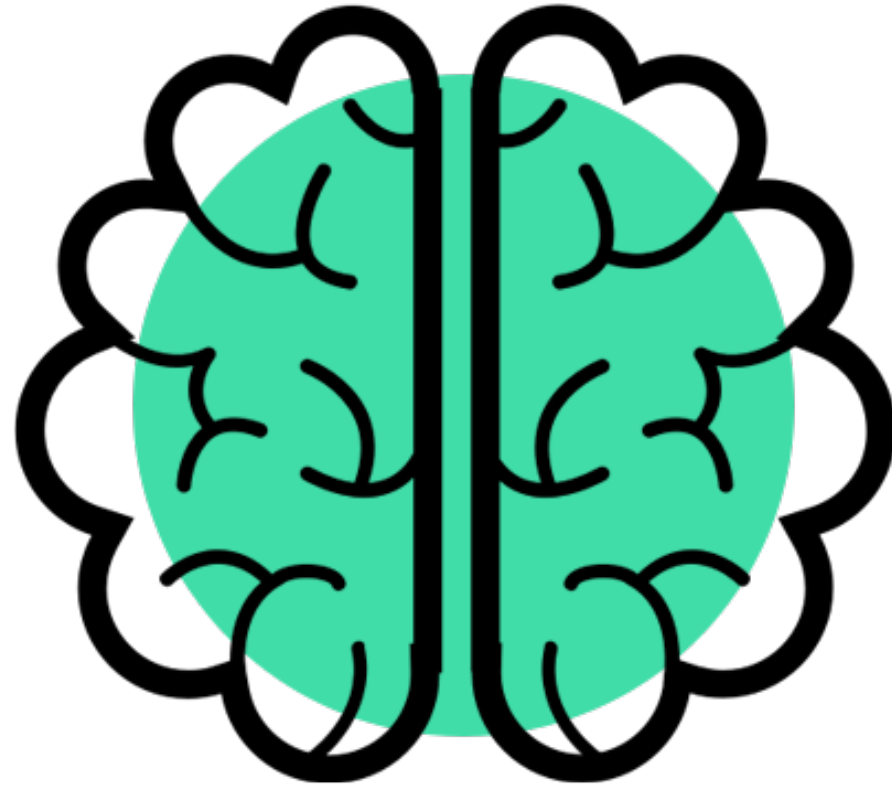
An unpleasant emotion
caused by the **threat
of danger, pain** or
harm.



BKindred



The
problem
in
real life



The problem in
my head

BKindred

The language you use will determine
your ability to make change.

FearIsYourFuture.com

BKindred



Breakthrough
moments occur
when we surrender
the need for
control and allow
ourselves to get
comfortable in
discomfort.

- Penny Locaso

BKindred

“You can choose courage or you can choose comfort, but you cannot choose both”

- Brené Brown



BKindred

LIFE

Why I wore nothing but a swimsuit while delivering a professional keynote presentation

WOMEN'S AGENDA - MARCH 29, 2017



Woman, 41, who lost 26 kilos after ditching her pack-a-day smoking habit addresses conference in her BATHING SUIT to encourage women 'to get comfortable being uncomfortable'

- Penny Locaso lost 26 kgs in a year after kicking her pack-a-day smoking habit
- 14 years later she addressed a full conference room in her bathing suit
- Said she was encouraging women to 'get comfortable being uncomfortable'
- 'When I stood up and dropped my dress, the feeling was unbelievable,' she said

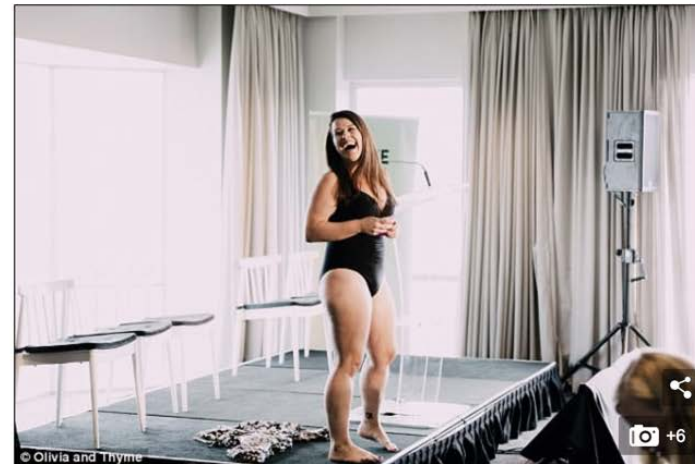
By HANNAH MOORE FOR DAILY MAIL AUSTRALIA [Twitter](#)
PUBLISHED: 12:43 AEST, 30 March 2017 | UPDATED: 12:43 AEST, 30 March 2017

At 26, Penny Locaso was overweight and a pack-a-day smoker.

When she kicked the habit, she was inspired to begin a complete life overhaul and lost 26 kilograms over the next year.

Now, 14 years later, the 41-year-old is still coming down from the high of addressing a room full of women in nothing but her bathing suit last week.

'Never in my life have I been so fearful of standing in front of an audience,' she told Daily Mail Australia.



© Olivia and Thyme

Penny Locaso addressed a room full of 100 women in Melbourne last week, dropping her dress and presenting in her bathing suit to express the idea that everyone needed to become comfortable with being uncomfortable

LEADERSHIP

Why BKindred founder Penny Locaso wore nothing but a swimsuit while delivering a professional keynote presentation

PENNY LOCASO / Thursday, March 30, 2017



BKindred

“Don't be afraid of your fears.
They are not there to scare you.
They are there to let you know
something is worth it.”

- C. JoyBell C .

BKindred

“I wished I’d had the **courage** to live a life true to myself, not the life others expected of me.”

- Bronnie Ware

BKindred

A person is shown from the back, wearing a denim vest over a white t-shirt. The vest has large, stylized wings attached to the back. The wings are black and white line art, resembling a sunflower or a large flower. The person's arms are visible, showing tattoos. The vest has a large, gold-colored patch on the back with the text "THE FUTURE WILL BE DIFFERENT". On the left side of the vest, the word "BEAUTIFUL" is written vertically. On the right side, "SUNFLOWERS" is written vertically. The background is a light gray wall with a large, stylized sunflower or flower graphic. The overall aesthetic is modern and artistic.

THE
FUTURE
WILL BE
DIFFERENT

YOUR TIME IS NOW

BKindred

Human First

with
Penny Locaso

humanfirstpodcast.com





**TAKE THE IAQ ASSESSMENT
BKINDRED.COM**

BKindred

WHERE TO FIND ME



B.Kindred



BKindred.com




Penny Locaso



Human First Podcast



Penny.Locaso@BKindred.com



QUESTIONS?

BKindred