



Dear Editor/Producer,

Carolyn Bennett-Sullivan has been a student of psychology, human behavior and spirituality for over 30 years. Through formal and practical experience, she discovered the magic that occurs when living authentically and aligned with your hearts wisdom and guidance.

Despite 25 years of successful sales experience she longed to do more meaningful work. Through her divorce in 2010 and disappointing attempts to re-enter the corporate world of sales, life's challenges led her on a journey of awakening and self realization. It was through this process she discovered how to uncage the chatter, reclaim control over her thoughts and reconnect to her internal guidance system creating greater confidence, clarity and happiness within herself.

That's how **Get the "F" Out** was born. It's Carolyn's passion and mission to help others liberate their fear in order to connect to inner wisdom and begin living the life we all desire and deserve.

She works with mid-lifers struggling to change or with transition who want to make a big difference in the lives of others and create a positive impact through their work and life. They're passionate, educated and experienced yet they're filled with self-doubt, fear, worry or overwhelm. Carolyn helps them break through the fear and blocks holding them hostage through her **book, workbook, consulting, seminars and speaker series.**

Please let me know if you'd like to discuss ideas for a story, bylined article, feature or segment, or if you'd like to speak to Carolyn Bennett-Sullivan directly.

Sincerely,  
Carolyn Bennett-Sullivan

LinkedIn: <https://www.linkedin.com/carolynbennettsullivan>

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## About the Author

Carolyn Bennett-Sullivan has been a student of psychology, human behavior and spirituality for over 30 years. Through formal and practical experience, she discovered the magic that occurs when living authentically and aligned with your hearts wisdom and guidance.

Despite 25 years of successful sales experience she longed to do more meaningful work. Through her divorce in 2010 and disappointing attempts to re-enter the corporate world of sales, life's challenges led her on a journey of awakening and self realization.

It was through this process she discovered how to un-cage the chatter, reclaim control over her thoughts and re-connect to her internal guidance system creating greater confidence, clarity and happiness within herself.

She loves connecting people with solutions to liberate their fear, re-connect to their internal guidance system and develop greater self-confidence, purpose and satisfaction in their lives through her book, workbook, speaking and workshops.

She is the mother of a beautiful and bright daughter who provides her with laughter, love and learning on a daily basis. She currently resides in Wilmington, DE.

Learn more about Carolyn and her work by visiting [www.carolynbsullivan.com](http://www.carolynbsullivan.com).



# Get the "F" Out

*Get the "F" Out* book and workbook identifies the cause of fear, forms of fear and how it stifles our growth and connection to ourselves and others. It then provides solutions to fear-based thinking and gives readers the tools to use when they experience fear in its many disguises.

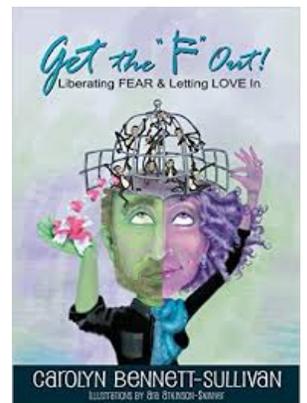
According to Carolyn Bennett-Sullivan, everyone needs to send their FEAR on a permanent vacation. *Get the "F" Out* guides people past the negative monkey chatter of their mind. Carolyn helps people reconnect to their inherent wisdom and guidance that comes from trusting their intuition and hearts' desires.

Carolyn speaks from the heart sharing her own personal journey and how she learned to recognize FEAR for what it really is. She gives people *real life* tools to empower anyone to pursue their own goals or purpose.

Learn how to:

- Recognize the signs of F.E.A.R. (Feelings Experienced As Resistance)
- Open up to your "true self" and live authentically with purpose and passion
- Take control of your "monkey chatter"
- Embrace your personal power
- Commit to your vision in work and in life
- Claim Your Independence and take back your life

Nothing can stop you dead in tracks like FEAR, except when you learn how to *Get the "F" Out!* Learn how the power of love sets you free from those fears that hold you back from all you are meant to be!



# Interview Topics

## Free Your Fear

During this interview Carolyn reveals the root of fear, why it's so prevalent in our society and what tools to implement in order to master it. The listener would learn:

- How to recognize their fear-based thinking
- What to do to shift their mindset quickly
- Daily practices to increase confidence, peace of mind and happiness
- Why fear is an ally, *not* an adversary

## The 7 Faces of Fear

During this interview Carolyn reveals the 7 most common faces of fear that derail your happiness, confidence and success. She provides insight to the core beliefs which cause these fears and tools to implement in order to overcome them:

- Anger
- Anxiety
- Depression
- Procrastination
- Confusion
- Overwhelm
- Rejection

## The 3 Critical Keys to Mastering Overwhelm, Self-Doubt and Procrastination

During this interview Carolyn sheds light on what's really behind your lack of confidence, overwhelm and procrastination. Why is it common for us to struggle with these? What should we do to take back control? She provides simple yet powerful tools to implement in order to master your mindset and increase your confidence and productivity.



# Read for Yourself:

*Get the "F" Out, Introduction, pg. 4:*

"My mission is to help you recognize where it's got its grip on you and the not-so-obvious ways that fear manifests in your mindset, and to give you tools to help you liberate your mind from its control. Instead of allowing fear to control you, I want you to allow fear to be your teacher and honor the lessons you've learned because of it. You can become master over it—in fact, it's essential in order for you to get the F(ear) out and let love in. The time has come for us to re-connect with our true selves, to embrace the power within, to know and trust the Divine spark living within every one of us and to live our lives based on possibility, purpose and passion. It's time to liberate ourselves from living in fear to loving our lives. Just think of the difference we could make in our relationships, communities and the world by loving ourselves and our lives and living with a sense of purpose, joy and passion!"



*"Get the "F" Out hits the nail on the head of how FEAR can rob our lives. In an engaging, conversational style, Carolyn Bennett-Sullivan [reminds us] that love banishes fear and leads us to greater freedom."*

– Donna Duffy, CEO/Founder 3E Marketing Solutions



*"Get it, read it, HEED it! Great book, easy to read with lots of great advice from the heart of Carolyn!"* –

Frederick J. Dawson



# References

Carolyn would not make you go emotionally, spiritually or mentally where she hasn't gone herself. That's what I was looking for in a coach someone who has personally done the work themselves. I have relied on Carolyn's compassion and knowledge and now consider her a good friend, a mentor and a blessing in my life.

Thank you Carolyn for all you do for so many!" – Celeste White

"Carolyn helped me work through an "Ahhh!" moment just days before launching a business. Her style put me at ease: we chatted and she heard me out, giving voice to some of the stuff swirling around my mind. Carolyn didn't just pump me up on the phone — she gave me actionable homework and exercises to implement afterward. And it helped BIG TIME. I've gone from not feeling "good enough" to chomping at the bit to get my name out there. We have plans to do a little more work on anxieties, and I can't wait!" – Erica Breuer

Carolyn's Stuck to Unstoppable 10 Day Challenge is an extremely valuable tool to getting yourself back on the right track! I started the challenge hoping it would help me to learn more about myself and why I was struggling in my new business venture. My gains were so much more than that!!! I learned a lot about myself through Carolyn's guidance and reflective questioning. More importantly, I learned what's been holding back my successes in many areas in my life. Because of this program I have a much better sense of who I am, what I need to succeed in my business (self confidence) and how to get it (by digging deeper and figuring out why this career choice is important to me). I'm all good with my business now! And the best part is my marriage is happier too! My husband and I are really working better as a team because we have a much better understanding of each other's needs and personal communication styles. I'm so grateful to Carolyn for taking her painful past and using it to develop her tried and tested strategies for overcoming F.E.A.R. and the negative monkey chatter that can fill our heads with nonsense ideas of not being enough of one thing or another to succeed. Carolyn is an experienced professional who genuinely wants to help us all reach our true potential. I'm so glad to have participated in some of her programs. I've been recommending them to friends and family ever since! – Christine Deitcher

*Get it, read it, HEED it!  
Great book,  
easy to read  
with lots of  
great advice  
from the  
heart of  
Carolyn! –  
Frederick J.  
Dawson*

# Carolyn's Core Values

In work and in life, Carolyn Bennett-Sullivan believes in sticking to one's core values. Below are the values she guides her consultations, her career and her connections through:



- *Treasure* – Every individual is a treasure with their own unique gifts and talents. My mission is to provide you with my undivided attention and commitment in order to empower you to share your gifts with confidence.
- *Respect* – To respect and honor my customers, my team, my collaborators and myself by communicating honestly and with integrity.
- *Us* – When we work together we are partners with common goals and objectives.
- *Safety* – To provide an environment in which it is safe to speak openly, authentically with confidence that what is shared is confidential.
- *Truth* – To communicate with you openly, honestly and authentically.

