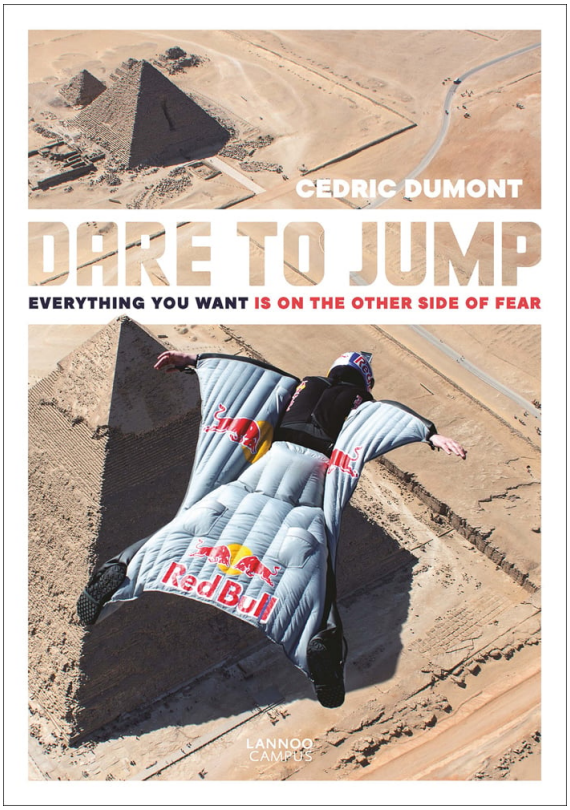
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Dare to Jump

Everything You Want is on the other Side of Fear

Cedric Dumont

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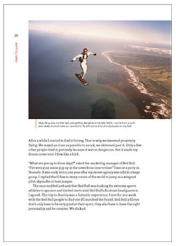
- What entrepreneurs and managers could learn from extreme athletes
- Reaching your goals with the right mindset, attitude and focus
- Written from a straightforward, personal perspective

Experienced base jumpers and other extreme sports athletes have one unwritten rule: self-knowledge. The way you think and the choices you make determine who you are and who you will become. If you know yourself, you will dare to take risks, to go your own way and to change. This rule goes for professionals who aim for high performances too. If you want your performances to have a positive drive, you first have to get to know yourself. ***Dare to Jump*** helps you to overcome your fears and gives you three power skills with which you can become the best version of yourself. Someone with a boundless mind-set, a sharp focus and a great amount of trust. You learn why focus is the new IQ, how to train yourself to enter the right flow, and how you build the level of trust within your team.

Cedric Dumont is an adventurer, entrepreneur and a pioneer in extreme sports such as basejumping and wingsuit flying. He is a highly sought-after keynote speaker on leadership, focus and performance under pressure. As an expert in transformational and courageous leadership, he guides CEOs, professional athletes and star chefs in fully applying their potential and gaining the most effective impact on their environment.







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