



AUTHOR | SPEAKER | COACH

JAEMIN FRAZER

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UNHINDERED

FROM THE FOUNDER OF THE INSECURITY PROJECT

CLIENTS

COMPANIES



SUBJECT

INSECURITY IS A GLOBAL PROBLEM

Jaemin's life work is represented in his ground breaking model around the process for eradicating insecurity from your life. His conviction is that not only is insecurity a solvable problem, our most important adult work is to free ourselves from the limiting beliefs of our childhood. Insecurity left unaddressed ultimately leads to madness. Therefore, for the sake of increasing the collective consciousness of the planet, insecurity is a problem that demands a clear, intelligent and complete solution.



CONTENT

SPEAKING TOPICS

- ➔ What to do about the Imposter Syndrome - The 7 essential practices for overcoming insecurity.
- ➔ Why self-discipline is massively overrated - The secret to lasting personal motivation.
- ➔ State is king - Why managing your energy is far more important than managing your time.
- ➔ How to show up at your best where it matters most - The winning formula for peak performance living.
- ➔ Deep change - how to improve the quality of your life for good.

BOOKS BY JAEMIN

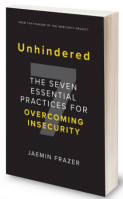
➔ Elegantly Simple Solutions to Complex People Problems



People often experience their problems as incredibly complicated & totally unique. The wonderful thing is that they are neither. While solutions may not be easy, they are never complicated - just simple and hard.

This book provides an elegantly simple framework for overcoming the key challenges of life and is proven to bring about lasting change.

➔ Unhindered - The 7 essential practices for overcoming insecurity



Not many people would admit they are insecure. It is often hidden within life's problems that show up as pain in your health, finances, work, and relationships. However, insecurity is a universal problem and if you don't find a

way to face up and overcome it, it will ruin your life. Rather than masking, medicating or managing your insecurity, this book provides the proven framework for solving the insecurity problem. The 7 essential practices show you exactly how to overcome insecurity for good so you can show up at your best where it matters most.

➔ The One Minute Coach - 365 thought provoking insights to start your day



One idea has the power to change everything! This book contains all 365 One Minute Coach segments played on radio stations all around Australia. Each of these ideas are straight to the point. Perfectly suited to start

your day with high quality personal development content these ideas will get you thinking and leave you wanting more!

➔ Leverage - How to change the ones you love



To prevent our relationships descending into maximum-level annoyance, not only is adjusting and improving the behaviour of those you love appropriate, it is essential. To do so, you will need leverage. Based on the principles of Security, Clarity, Integrity,

Maturity and Authority, the Leverage Model is a fascinating and at times confronting framework that will equip you with the sense-making paradigms, tools, skills and confidence to build closer, stronger and happier relationships.



PROFILE

Jaemin is the founder of The Insecurity Project and specialises in helping entrepreneurs, leaders, and business owners eradicate insecurity so they can show up to life unhindered by doubt, fear, and self-limiting beliefs. He is widely recognized as one of Australia's best life coaches and a leading voice globally on the subject of personal insecurity.

Jaemin is the author of several books, a TEDx speaker and the voice behind the popular 'One Minute Coach' radio segment heard by over 750,000 listeners daily. His dynamic speaking skillfully blends a lifetime of experience in leadership and coaching with his passion for human behavioural science and peak performance.

His pragmatic and direct approach to vulnerable subjects about mental health and well-being are a breath of fresh air and provide rare 'cut through the noise' conversation. Jaemin's wholeheartedness around his life's purpose means he embodies his message in a way that is rarely seen in the personal development industry today. This is clearly what he was born to do.

With over 15,000 coaching hours under his belt, he is able to draw from a deep and rich source of lived experience helping ambitious people improve the quality of their life in the areas that matter most.

Jaemin has worked with companies such as Westpac, ANZ, Dent Global, RSM, Southern Region Business Enterprise Centre, Liebke and Co, The Australian Institute of Project Management and Empower Wealth. His work has also been featured in The Financial Review, The Sydney Morning Herald, CEO, The ABC, New Idea, Maxim, Body & Soul, Mindfood, WHO Weekly, and on Studio 10.

UNHINDERED

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EVENTS

TESTIMONIALS



"Jaemin's presentation at the Dent Global Ambassadors Retreat had a powerful impact on everyone in the room. He delivered profound, heartfelt insights from personal experience. His passion for his craft and genuine desire to help others move past their insecurities so they can truly make an impact on the world, is second to none. I truly admire Jaemin and cannot recommend him highly enough."

Zara D'Cotta - doTERRA Leader, Founder & Speaker



"Jaemin is a very gifted and powerful speaker. It is instantly clear that he speaks out of a depth of knowledge and experience that is incredibly rare in the personal development space. His content is sharp and dynamic and definitely flows out of the overflow of his own journey. He is definitely smoking what he is selling!"

Mike Clark - DENT Global Leader, Author & Entrepreneur



For the record, Jaemin has transformed my life through the coaching process. What he offers is world class. He has equipped me with the tools and frameworks necessary to not only deal with my own insecurity and make a lasting change, but also how to relate better to others, and show up at life, at my best, in the areas that really matter."

Bryce Holdaway - Podcast Host, Author & Partner at Empower Wealth

PODCAST



THE UNHINDERED PODCAST



Jaemin delivers world class personal development content specifically around overcoming self limiting beliefs and personal insecurity, as well as live coaching demonstrations and interviews with some remarkable individuals.

With more than 200 episodes focusing on equipping individuals with powerful tools and frameworks to be at their best where it matters most, The Insecurity Project / Unhindered podcast has proven to be a high quality resource and not just adding to the noise.

BOOK

CONTACT

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