



LEADERSHIP SKILLS

UNSTOPPABLE LEADERS

A powerful vision and goal setting experience that gives leaders the edge they need to motivate teams to perform at their best.

Overview

In this dynamic board breaking workshop, we teach simple and effective strategies to help leaders develop compelling goals and maintain their commitment no matter what happens. Each participant will take part in an exciting and sometimes life-changing board breaking experience that will serve as a physical metaphor for breaking through the barriers and limiting beliefs that hold them back from world-class performance.

Goals

- ✓ Develop specific, compelling goals.
- ✓ Break through perceived barriers to success.
- ✓ Enhance self-confidence and executive presence.

Rates

Group	<15*	15-34	35-49	50-74	75-114	115-159	160-224	225-300	300+
Rate	\$1,125	\$75	\$72	\$69	\$65	\$61	\$57	\$54	call

* Groups under 15 people use the flat rate listed. 15 or more are per person only.

Details

Program content:



Length:

3 hours +/-

Activity:

Light

Location:

Indoors

Group size:

10-200 people

Includes:

Complete facilitation, boards for breaking, participant handouts, project supplies and event photos.

"Thank you for a successful morning! We really had a great time and it was just what we needed. The group definitely had a breakthrough!"

~ Sunrise at Buckhead





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Agenda & Activities

Introduction (5 minutes) Our staff welcome participants and set expectations for the day's events.

Warm-ups & Energizers (5-10 minutes) We lead a few fun activities that break the ice and get the group physically and emotionally involved.

Intro Challenge (15-30 minutes) We jump right into the program with a thought provoking team activity that requires ideas and input from the entire group to solve. This gets the group engaged and thinking about what they want to get out of the program.

Personal Focus Appraisal (30-45 minutes) People tend to get what they focus on, and in this enlightening activity participants identify what their key areas of focus are, and how to utilize those traits to be more effective at defining and achieving their goals.

Comfort Zone Talk (10 minutes) This hands-on demonstration illustrates how easy it is to get caught in the complacency trap, and how we typically respond when confronted with a new challenge. The point is made that all achievement happens outside our comfort zones and that discomfort is not the problem, but the signpost to success.

Goals & Barriers (30-60 minutes) This session begins with a brief discussion on goal-setting: how to state goals specifically and positively, and then to honestly address any barriers (real or perceived) that may be holding us back.

Breakthrough Challenge (30-60 minutes) The group learns a step-by-step process for breaking through their boards safely and effectively. After everyone has broken through, the group discusses the applications of the metaphor of board breaking.

Closing & Wrap-up Activity (5-15 minutes) The group shares what the event has meant to them, decisions they have made based on their experience, and how they can apply those lessons in their leadership roles. We end with a fun but meaningful closing activity and a group picture.

