



## LEADERSHIP SKILLS

# UNSTOPPABLE

A powerful goal setting experience that motivates students to perform at their best.

## Overview

In many cases, the biggest obstacle to achieving our goals is right between our ears. In this dynamic workshop, we teach simple and effective strategies to help participants develop compelling goals and the dedication to achieve them. Each student will take part in an exciting and sometimes life-changing experience that will serve as a physical metaphor for breaking through the fears and limiting beliefs that hold them back from accomplishing their dreams.

## Goals

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

## Rates

Group	<12	12-34*	35-49	50-74	75-114	115-159	160-224	225-300	300+
Rate	-	\$2,450*	\$70	\$66	\$62	\$58	\$54	\$50	call

\* Groups under 35 people use the flat rate listed. 35 or more are per person only.

## Details

### Program content:



### Length:

2 hours +/-

### Activity:

Light

### Location:

Indoors

### Group size:

10-75 people

### Includes:

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

"You were absolutely outstanding and yet again Atlanta Challenge has done a terrific job kicking off our school year and bonding our kids while teaching them valuable leadership skills." ~ Heritage Prep Academy





## TEAM SKILLS

# UNSTOPPABLE

## Agenda & Activity Descriptions

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

**Warm-ups & Energizers** (10-15 minutes) We lead a few fun activities that break the ice and get the group physically and emotionally involved.

**Optional: Thinking Styles Module** (45-60 minutes) This is an interactive learning game where participants gain valuable insights into their own thinking and decision-making styles. These styles are utilized in the goal setting process, and when identifying action steps and potential set-backs.

**Comfort Zone Talk** (10-15 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.

**Optional: 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 the team can apply those lessons as well. We end with a fun but meaningful closing activity and a group picture.

