



BREAKING LIMITS

A powerful vision and goal setting experience that gives groups the inspiration they need to perform at their best.

Overview

In this dynamic board breaking workshop, we teach a simple and effective strategy that develops compelling goals and the commitment needed to stick with it 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 and how to break through to the other side.

Who this program is right for:

- Leaders and others who want to achieve more.
- Groups that need to generate more enthusiasm and commitment.
- Teams that need to refocus on what is most important to them.

Goals

- Develop specific, compelling goals.
- Breakthrough perceived barriers to success.
- Enhance self confidence and executive presence.
- Inspire others to do great things.

"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

Details

Length

90 minutes or 3 hours

Venue

Meeting room

Group size

20-100 people

Includes:

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

Rates

Format	<25 ppl	26-100 ppl
90 Minute	\$1,950	Add \$55pp
3 Hour	\$3,200	Add \$65pp

*First 25 people included in base rate.
Add 4-month mastermind: \$3,800*





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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 exercise 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 section 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.

For three-hour programs:

Post-event Consult (20-30 minutes) The program facilitator will talk with the team leader to share insights about the group and suggestions for keeping the momentum after the workshop.

30-Day Group Follow-up (45-60 minutes) Approximately one month after the event, your facilitator will host a virtual follow-up session to review key concepts, answer questions, discuss best practices, and assist with creating action plans.

