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 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.

Who this program is right for:

- Leaders and others who want to achieve more.
- Groups that need to generate more enthusiasm and commitment.

Goals

- Develop specific, compelling goals.
- Breakthrough perceived barriers to success.
- Enhance self-confidence and executive presence.
- Increase ability to 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
Large open room

Group size
10-100 people

Includes
- ✓ Complete facilitation
- ✓ Boards for breaking
- ✓ Participant handouts
- ✓ Digital review materials
- ✓ Event photos
- ✓ 30-Day follow-up session

Rates

Format	First 25 people	26-100 people
3 Hour	$3,200	$65 pp
90 Minute	$2,500	$55 pp
Add 12-week DIY support:		*$495*
Add 12-week COACH support:		*$1,895*

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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 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.