

Custom Team Building Experience

Are you ready to have some fun as a team? When we design our Team Building Experiences we meet with your leaders and discuss the available options. Sometimes our team building focuses on aspects of building trust, raising morale, and team bonding. We offer a range of activities from painting that unlocks creativity and purpose to Builder Blocks / LEGO activities that are centred around problem solving to vulnerable team trust activities. We could lead **The Egg Drop Team Building Experience®** (See Pg 27) or we could even lead **The Ultimate Vision Board Activity®** (See Pg 16). Our team building invokes laughing with each other and team synergy. Here are a few of our Team Building Activities:



Epic Life Values Game® - This game was created by Scott Epp. After an introduction to Values each participant will receive a set of Values cards. Participants are led through multiple stages. The fun and tension heats up as participants need to discard, trade or sell Values cards that they have to get the cards that they really want.

The Village - This is a great team activity to experiment and discover the value of seeing the bigger picture. This is one of the most popular and high demand team building activity that promotes bonding, collaboration and the need to break silos – with a lot of fun and excitement. The groups come together to become one team – physically and in ideas and execution – to build on a big scale model of the village!

The Ultimate Spaghetti Bridge Challenge® - The Ultimate Spaghetti Bridge Challenge® requires immense creativity, team work, strategy, resourcefulness and engineering to complete. After the initial briefing by the facilitators, the groups will need to complete this task in 3 stages – The Preparation, The Building and The Testing stage. We mix things up with 'Breakthrough Bucks' to buy additional materials at the 'Breakthrough Store.'

The Fear Breakthrough Workshop® with Board breaking and/or Firewalking Experience - Take your team to new levels with this workshop. We lead your team through the science of fear and activate new goals and outcomes that they will actualise. Team members will raise the bar of what is possible. For team members that volunteer to participate we have optional board breaking and firewalking experiences as a powerful metaphor.

Who is the Richest Winner?® - The activity itself is based on the principles of game theory – although none of that is shared with the participants at the start. The activity is played out in groups, with each group needing to achieve a revenue target. The activity intensifies as groups negotiate and trade their with the other groups. What ensues is a great deal of discussions, planning and negotiations – and the only way to win is if everyone wins!

Our Core Values are **Engagement, Breakthrough and Passion** and we bring these values with us into every team building experience. We can compliment an existing Course / Workshop with a team building activity. Let's breakthrough and have some fun!

Here are some ways our team building will benefit your team:

- Our Team building events create the environment needed to focus on the importance of teamwork, bonding and synergy.
- Team building also aids in building a high performing team with good communication (both verbal and non-verbal), leadership, bonding, fun, trust, and more. Team members will become more efficient and they will grow in their appreciation for each other's strengths and values.

Team Building Options

90 Minutes, 1/2 Day, 1 Day: Custom Design. We can lead multiple team building activities in a day. We will customise to meet your needs. Please enquire.



The Egg Drop Team Building Experience©

One of our favourite team activities is the The Egg Drop Team Building Experience©. Initially, there will be a learning approach where all participants will grow with leadership and project management strategies and communication styles that your leaders outline. We will split the Team up into groups of 3 - 5 and each group will have specific instructions. Then the experience begins!

At this point each group will receive a box of goodies and instructions to build a contraption that protects an egg for a 1 - 3 story drop. A shorter location with a ladder is possible and we would accommodate for the situation to make it fair, fun and competitive. Follow the criteria that we put forward. Each group will have a box of dozens of articles and a timeline to work together and create the ultimate egg saving device. There are also elements of being resourceful as each team has a set amount of 'Breakthrough Bucks' that they can spend on additional articles. There will be a group presentation before and after their egg drop. The highlight of the day is watching and laughing together as each group drops its egg from a tall location on-site. The laughs and team's morale from this team building activity are excellent. At the end each team will get to present its Egg saving contraptions and it will discover which eggs have survived. The Winning team will be revealed based on their teamwork, meeting physical requirements, the egg's survival after the drop and profit margin. Watch a case study: www.breakthroughcorporatetraining.com.au/teambuilding/egg-drop.



This Team Building experience will include the following outcomes for your team:

- Focusing on the importance of teamwork and what is needed to make a team better.
- Learning how to work together effectively and appreciate each other's strengths, values and weaknesses.
- Working creatively on a fun and engaging project with colleagues.
- Working together as a team as you race against time and your competitors to win the challenge.
- Building a performing team with good communication (both verbal and non-verbal), leadership, bonding, fun, trust, and more.

This Team Building activity is filled with so much laughter and fun. This unique Team Building experience highlights aspects of teamwork, bonding, performance and leadership that your teams need to succeed. It breaks down the silos that may exist within your teams because each team will be a mixture of different departments and the strengths of each member will be highlighted.

Training Options

We will lead this workshop as a solo event. You may also inquire about our dozens of other experiential team-building activities. These team activities can be led in conjunction with one of our other training options.

90 Min - 1/2 Day: It is possible to run this experience in 90 minutes. In 1/2 day we would have time to incorporate other team building, leadership, motivation, communication elements with the experience.

1 Day: The complete Egg Drop Team Building Experience© will last for 1/2 day with one of our other courses taught for the other 1/2 day.



The Fear Breakthrough Workshop© - with Optional Board Breaking Experience!

This 90 Minute - 1/2 Day workshop will help your team breakthrough their fears and envision their desired future. There is an optional Board Breaking Experience that participants can voluntarily choose to participate in. Participants will learn about the psychology of fear and breaking through that fear by adjusting their mindset. Even if they choose not to participate in the optional Board Breaking Experience participants their will be a lot to learn and activate with mindset, confidence and action taking. The optional Board Breaking and Firewalking Experience will be at the very end of the workshop. Our Fear Breakthrough Process© includes identifying negative patterns of self-talk and uncovering limiting stories and where they come from. We will lead you through a journey of breaking out of your familiar zone and creating new empowering beliefs. We will motivate and inspire your group as we incorporate The Ultimate Goal Setting and Envisioning Process©.



This Breakthrough Corporate Training Course will include the following outcomes for your team:

- Identify and articulate limiting beliefs
- Learn how to look beyond what is considered possible when setting goals
- Learn practical ways to break through fear and limiting beliefs
- Harness the power of the team to build strength and belief
- Learn about the keys to create an abundance mindset and to awaken the wild lion within.

This workshop is accompanied by interactive workshop sessions that are customised to your team. Experienced leaders, Scott Epp and Luke Ashcroft will help participants and teams uncover the barriers and challenges that are keeping them from reaching new levels. Our system includes uncovering the challenges with your negative self-talk, identifying where your limiting stories came from. We will lead you through a journey of breaking out of your familiar zone and creating new empowering beliefs. This way we will have gained a lot of ground and the board breaking aspect of the workshop will become a powerful metaphor for positive change for you and your team. Session topics, start time can be discussed. Here is an example of a schedule.

Introductory Talk - 1:00 pm - 1:15 pm (15 Mins)

Fear Breakthrough Process© - 1:15 - 1:45 pm (30 Mins)

The Palace of Possibilities - Overcoming Limiting Beliefs© - (1:45 pm - 2:30 pm (30 Mins)

The Ultimate Goal Setting and Envisioning Process© - 1:45 pm - 2:15 pm (30 Mins)

Awaken the Wild Lion Within - (2:15 pm - 2:30 pm (15 Mins)

Science of Board Breaking and Safety Talk - (2:30 pm - 2:45 pm) (15 Mins)

The Optional Board Breaking Activity - (2:45 - 3:00 pm) (15 Mins)

In this optional activity Luke will lead your team through a board breaking experience. Participants absolutely are told about the dangers and risks and they must have signed a Voluntary Release Form. Each team member will write their limitations, fears and barriers on a solid martial arts board. After leading your team through a process of uncovering new and empowering beliefs we ask them to write those on the back of the board. Next, it is time to teach your team the physical skills to break a wooden board with their bare palm! We take skills and strategies from various martial arts to show your team how to harness their strength and focus it on breaking the board. Action time! Every team member gets the chance to break through their wooden board. This builds an amazing sense of camaraderie and excitement in the team as they witness their friends and colleagues smashing through their fears and limitations. Our experience culminates with writing down our action steps and strategies, personally and as a team, to breakthrough our fears and limiting beliefs.

Takeaways and Celebration - 3:00 pm - 3:15 pm (15 Mins)

We will celebrate our success together and encourage each other on our individual and collective journeys together. We will then activate steps to implement the change that we experienced!



The Breakthrough Corporate Training Advantage

We exist to empower leaders and teams to breakthrough and achieve their potential!

Our core purpose is to empower leaders and teams to breakthrough and achieve their potential. Our core values reflect the depths of who we are. Our Core values are **Engagement, Breakthrough, and Passion**. Our nurture values reflect what we care about, and how we perform to achieve our goals. Our nurture values are **Relevance, Heart, Integrity, Presence, Truth, Courage, and Teamwork**.

Most of the time that we work with your team is spent activating what has been taught through interaction, activities, roll-plays, experiences, games, discussions and coaching. We have found that amazing content delivered with passion in a lively and engaging way boosts employee morale, retention and overall workplace satisfaction. Breakthrough Corporate Training has a strategic partnership with TransforMe and combined, we have over 70,000 hours of coaching/mentoring/training experience in organisations around the world. See some of our combined clients below. Our goal is to go over and above with our training by providing 2 or more trainers where possible. We aim to spend 50 - 75% of our time applying the learning. We don't offer every type of corporate training course but we are great at delivering the courses that we do offer. So give us a call or get an instant quote today. Find our details on the last page.

10s of 1000s of People from Organisations in Sydney Australia and Around the World have Been Transformed Through our Talks, Corporate Training, Coaching and Mentoring



Success Stories



"Scott has led multiple workshops on values, building healthy cohesive teams and Life Languages that have really impacted our business. The Life Languages program has been invaluable. My experience with Scott Epp has been empowering and transformational. It has been a positive investment, and we are continuing to integrate Scott and the Life Languages tool into our training and development..."

Kevin Bergeron – President & CEO at MiEnergy

'Shokai Group had the Life Language Communication Workshop today delivered by Scott & Nicole. It was fantastic. They are very friendly, passionate, professional, patient and they made the training very interesting. Everyone liked it and I believe we got to know more about ourselves and our communication effectiveness. Before the training, I was the one who contacted Scott. He is really helpful and always responded quickly & clearly. We are looking forward to having another training by them. Many thanks to Scott & Nicole. :)'

Cynthia Xiang – Office Administrator at Shokai Group



'Everything that we did together was so accurate and right away as Scott and Nicole described the different Life Languages I was able to identify how the Life Languages showed up in my life. I really liked how I wasn't boxed in with the Life Languages... I want to thank Scott and Nicole for facilitating for us because it's an awesome dynamic having them both lead as they both have such a high level of mastery and understanding of it that when they share it and communicate it they are able to make it so relatable. They each were able to share their own experiences and that made a big difference for us.'

Stefan James - Internet Entrepreneur and Founder of Project Life Mastery



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Learn more and get an instant quote at: www.breakthroughcorporatetraining.com.au