

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



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

Call us at: 0481 307 778

Email: scott@breakthroughcorporatetraining.com.au

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