

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 Fear Breakthrough Workshop® - with Optional Board Breaking and Firewalking Experience

Breakthrough Corporate Training is about creating real and long-lasting change throughout an organization. We do this using exercises, speeches, workshops, and more. Furthermore, we offer many supplementary programs, including our board breaking and/or firewalking experience.

This 2-3 hour workshop will help your team breakthrough their fears and envision their desired future. We uncover the reasons fear exist and work through strategies to overcome and breakthrough fear. There is an optional Board Breaking Experience and Firewalking 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.



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 workshop will include the following outcomes for your team:

- Identify and articulate limiting beliefs and fears
- 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 keys to create an abundance mindset and to awaken the wild lion within (Led by Scott Epp)

Is Firewalking and Board Breaking Dangerous?

Yes, Firewalking and board breaking are dangerous. Luke Ashcroft has been professionally trained in how to lead groups through Firewalking and he has led many groups through Firewalking. Often, people get small red marks on their feet from the heat. Sometimes, people get blisters and in some cases people have been seriously injured by participating in Firewalking. These are hot coals that we are walking on and they can get from 650 – 1100 degrees Celsius. We are thorough in our approach and every participant will understand the dangers. Sean White and each participant will agree to assume full responsibility for any injury or injuries, physical, mental or otherwise that you or any of the participants may sustain by participating in this workshop. Board breaking is dangerous. People have broken fingers, hands and more while board breaking and there are dangers to your health. Every member will need to sign a waiver if they chose to participate in the Board Breaking and/or Firewalking experience. These experiences are completely voluntary.

The Science Behind Firewalking

Rest assured – firewalking is dangerous. You are walking over hot coals, you can get burnt. Both Scott and Luke have experienced minor blisters on their feet as a result of walking on the hot coals. There is, however, an actual science behind firewalking, and why it doesn't burn but it will have a degree of pain that each person will experience. But it is this overcoming that is often the catalyst to why people choose to firewalk in the first place. Luke Ashcroft leads this part of the workshop as he was formally trained by Tolly Burkan on how to safely build the fire and lead people through this experience. Tolly Burkan is also known as the person that taught Anthony Robbins How to Firewalk.

'The conductivity theory says that because coals are poor conductors of heat, a firewalker's foot cannot get burned in a coal bed, regardless of its temperature. The analogy used is of reaching into a hot oven to remove a metal cake pan. The air in the oven is the same temperature as the cake pan, yet one can reach an unprotected hand into the oven without injury because air is a poor conductor of heat. However, if you were to grab the pan itself, the result would usually be a burn; metal is a very efficient conductor of heat.'

- Tolly Burkan

Here are the reasons why Firewalking doesn't burn you

- Limited Time on Heat - Each staff member learns to control how they walk, and walks capably and with purpose across the coals. This means limited time in contact with the heat, and immediate air cooling throughout the walk.
- Slow Heat Transfer - The materials used to conduct the firewalk have a slow heat transfer, therefore the employee has time to walk across when they walk with strength and purpose.
- Pain is in the Mind - There is a part of pain that genuinely is in the mind. Therefore, before the walking event, we teach the staff member how to focus on their goals and their purpose, and to learn the power that they have inside them.

The skin on the foot is dense, and we are there with your staff members to ensure that they are able to walk across safely. Firewalking is also a spiritual event, capable of helping people get in touch with their inner strengths.

Get Your Group to Breakthrough their Fears

There are a number of different experiential activities that we can include in our training. If you want a confidence workshop, board breaking workshop or arrow breaking workshop we can add each or all to your team motivation event. We want your group to break through and be their best self. We all have limitations in our thoughts and at times these limitations cause us to doubt who we are and what we are truly capable of. The impact of poor self believe, low confidence and not living to your full potential is devastating to an organisation because their staff will be operating in fear and pride, rather than love, humility, courage and confidence. Breaking an arrow on your neck has been widely used as a breakthrough method for decades. The approach of both the arrow breaking and board breaking experience is outstanding for measuring breakthrough in mindsets and taking action for teams. So, here is how the Board Breaking experience works. For starters, breaking through a board is an incredible metaphor for breaking through a barrier that is holding you back in your personal and professional life. Anyone can breakthrough a board. We will teach you the strategy and techniques, but it's more about the commitment and belief and mindset that we will inspire and empower your employees and team to know that they will breakthrough their barriers.

The Firewalking Experience is outsourced to Luke Ashcroft under a separate company. The process is as follows:

- We will arrive early for our safety checks and setup process.
- Your staff arrive and we make introductions.
- We complete registrations for each staff member ready to participate.
- The Breakthrough Corporate Training staff will explain the value of firewalking.
- We'll work on inspiring your staff members and get them to tap into fears and limitations that they will breakthrough. In addition, this motivational sessions on breaking through fear we will customised for your team and it can include us creating massive shifts for people. We will demonstration why this is so valuable.
- We'll teach everyone how to firewalk and how to control their mind and body.
- The Breakthrough Corporate Training Team Led by Luke Ashcroft who will go over the hot coals first. Then one by one, each staff member will walk across the coals in a controlled manor. Wow - can you feel the excitement already?
- Throughout the process, the rest of the team will cheer them on.
- Once completed, we'll celebrate and discuss what we've learned about ourselves. Way to go! See our proposed overview below.

Workshop Overview

Each participant will have to sign a waiver acknowledging these and other points:

- people have been seriously injured by participating in Firewalking and board breaking
- there is an inherent risk in Firewalking, board breaking and arrow breaking
- they have voluntarily chosen to Firewalk and break boards
- there is a possibility they may receive injuries requiring medical attention as a result of Firewalking and board breaking.
- I also understand that no assurance guaranteeing my/our safety is being made and I agree to hold Luke Ashcroft, the facilitators, organisers and property owners completely harmless of all liability if I/we sustain any injuries

Proposed Schedule – Session topics, start time and date can be discussed. We are happy to chat about any changes as well.

Luke Ashcroft and team arrive between 11:00am to set up.

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

Fear Breakthrough Process® – 1:15 – 1:45 pm (30 Mins)

The process starts by teaching and coaching through our Fear Breakthrough Process®. We will lead each member of your group to understand the psychology of fear and limiting self-belief. Each participant will identify the limiting beliefs, fears and barriers that are holding them back from achieving their potential.

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

Possibilities are everywhere, but you may have found that your current idea of what is possible is holding you back. This breakthrough session focuses on the limiting stories that we tell ourselves and a proven process to break the limiting patterns and stories and replace them with new empowering patterns and stories. This session will inspire you to breakthrough to new levels with your mindset and raise the standard of what you believe is possible.

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

This process incorporates visualisations, coaching and pragmatic steps to establish the priority goals that will help you breakthrough to new levels. You will have a workbook where you can write your goals and vision.

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

Do you ever feel like you are a caged zoo lion? You have all the food and medical attention and resources but you do have your freedom, unity, courage, ferocity and wildness! This riveting session leads you to uncover the areas of your life where you are playing safe. You will learn the 7 Powerful Keys to Create your Abundance Mindset® and you will awaken the wild lion within and experience the truth of who you are and the potential of who you will be.

Science of Firewalking and Safety Talk – (2:30 pm – 2:45 pm) (15 Mins)

Luke will explain the science of Firewalking and give a safety talk. This talk is mandatory for anyone who chooses to participate in the Firewalking activity.

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.

The Optional Firewalking Activity – (3:00 pm – 3:15 pm) (15 Mins)

In this optional activity Luke will lead your team through the Firewalking experience. Luke and his team leads this activity in a controlled and safe way. Participants absolutely are told about the dangers and risks and they must have signed a Voluntary Release Form. The Breakthrough Experience with Firewalking reveals the limiting beliefs that subconsciously hold many of us back and provides a life-changing experience of overcoming those beliefs. Participants learn to identify limiting beliefs, replace them with empowering beliefs and then engage in a Firewalking activity, which serves as a powerful metaphor for their newfound knowledge. Participants will identify new levels of empowering realities within. The Firewalking activity will provide a powerful metaphor to remind the participants of their ability to overcome self-doubt, self-confidence, limiting beliefs and fear.

Takeaways and Celebration – 3:15 pm – 3:45 pm (30 Mins)

We will clean up everything. Our cleanup may require up to 2 hours. We will clean up all sod and materials.

Training Options:

We will lead this workshop as a solo event. You may also inquire about our dozens of other experiential team-building activities. A risk assessment will be done for all events and location will be a factor when booking this event.

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 TransferMe 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!

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