



Catalogue of Offerings

Featuring our 2 Categories of Courses and Programs

CLASS

*Communication, Leadership And Soft Skills
Courses / Programs*

RAW

*Resilience And Well-being
Courses / Programs*

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

Call us at: + 61 481 307 778

Email: office@breakthroughcorporatetraining.com.au

Website: breakthroughcorporatetraining.com.au

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Empowering leaders and teams to breakthrough and achieve their potential!

Breakthrough Corporate Training offers workshops, corporate training, coaching, team building, retreats and speaking services to organisations in Australia and worldwide. Breakthrough Corporate Training has a strategic partnership with TransforMe Learning and combined, we have over 70,000 hours of coaching/mentoring/training experience in organisations. 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. See some of our combined clients below.



Our Vision

Breakthrough Corporate Training is a Sydney Australia-based corporate training leader. We facilitate powerful breakthroughs that transform team culture through our CLASS (Communication, Leadership And Soft Skills) and RAW (Resilience And Well-being) Courses and Programs. Our clients experience transformation through our on-line and on-site training, coaching, team building, retreats, and keynote talks. We add enormous value to teams as they become healthy, cohesive, and successful.

Our Core Purpose

To Empower Leaders and Teams to Breakthrough and Achieve Their Potential!

Our Core Values

Our Core Values show you what is really important to us and how we behave. Our core values demonstrate who we are at our core to our clients. These Core Values are intrinsic to who we are, and they do not change. Our Core Values are *Engagement, Breakthrough, and Passion*.

- Engagement* – We are engaged in every client encounter.
- We empower leaders and teams to *Breakthrough*.
- Passion* is our energy that fuels transformation experiences.

Our Nurture Values are values that we care about and that we aim to demonstrate in our behaviour. These values reflect our standards and how we function in our organisation. Our Nurture Values are *Relevance, Heart, Integrity, Presence, Truth, Courage and Teamwork*.

Our Story and Team

Scott Epp had an established coaching and training business in Canada and Greg Beech had been leading teams internationally for decades when they first met. Scott and his family moved to Australia in 2013 to be closer to his wife Nicole's family. In 2014 Scott and Greg had their first meetings over several cups of coffee and a white board and what emerged was their first public workshop - The Breakthrough in Life Workshop which they led in Randwick New South Wales. The synergy of bouncing back and forth with sessions was so dynamic and transformative that Scott and Greg decided to launch Breakthrough Corporate Training (BCT) and a week later they had their first training with Sita Aerospace. Since then, Scott and Greg have excelled at instructional design and delivery of training programs for thousands of leaders and team members. Scott and Greg have had requests from clients to tailor training programs that meet their specific needs, and this has helped them to hone the catalogue of courses and programs that BCT offers today. Scott and Greg continue to lead the BCT Trainers, and Coaches and they live the company's core purpose of empowering leaders and teams to breakthrough and achieve their potential!



Canadian born Scott Epp is passionate about helping people live with passion and abundance! Scott has led over 100 keynote speeches and workshops and won numerous speaking competitions Internationally. Scott is a co-founder of Breakthrough Corporate Training, and he has a Certificate IV in Mental Health. He is a Certified Professional Coach, an Art of Storytelling Trainer, a Certified Resilience Coach, and an Australia Senior Certified Life Languages™ Communication Coach. He has over 10,000 hours of one-on-one professional coaching and mentoring experience. Scott has developed dozens of renowned soft-skills and well-being training programs which have helped to position him as an International leader with organisations and teams. Scott's inspiring coaching and leadership style will spur you to become your authentic amazing best!

Greg Beech is a co-founder of Breakthrough Corporate Training. He specialises in helping leaders and teams to perform at their best. Greg travels extensively to third-world countries as a motivational Speaker and Trainer. Having witnessed poverty firsthand, Greg was moved to do all he could to make a difference in people's lives and he is also the founder of Homes of Hope International. Greg speaks to groups ranging from 10 – 10,000. He has delivered thousands of presentations internationally, leading workshops, seminars, and leadership courses. With over 10,000 hours of professional coaching and mentoring, Greg speaks with wisdom and authority with every course he leads.



Scott Epp



Greg Beech



Luke Ashcroft leads inspirational training programs and talks, and he is a Personal Trainer for executives, celebrities, and leaders. Nicole Epp is an Australia Senior Certified Life Languages™ Coach and she excels at teaching and revealing the 7 Life Languages™ with an in-depth understanding of this exceptional communication tool. Nathan is a performance and well-being specialist and through tennis fitness training he has worked with 5 number 1 tennis players including Lleyton Hewitt and Martina Navratilova. Gatik Chaujer is a passionate Trainer, Coach, TEDx Speaker, Keynote Speaker, Storytelling Leader, and Co-founder of TransforMe Learning. Sandra Colhando is a skilled Trainer and PCC (International Coach Federation) with a mission to enable clients to facilitate transitions, deal with professional challenges & accelerate personal effectiveness. Keith Cook is a learning and development specialist who excels at helping teams to gain breakthroughs and he has emceed or led 100+ talks in the last 10 years. Charissa Yavtucovich is a seasoned Speaker with coaching and training certifications through Positive Intelligence, Maxwell Leadership and Life Languages™. Jurie Rossouw is the founder of Driven, an integrated AI-powered resilience program that is used by hundreds of organisations worldwide, combining workshops, peer training, certifications, and technology to create comprehensive resilience cultures to build truly supportive environments. Judi van Manen has vast experience as a Trainer with a focus on communication and leadership and she is a Life Languages™ Coach. Wes Leake is a Life Languages™ Coach and he has extensive experience as a Business Trainer and Coach. We also partner with other specialised Trainers and Coaches who lead events and workshops with us as needed.

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The Life Languages™ Communication Breakthrough Course©

Would your leaders and team members benefit from breaking through with communication?

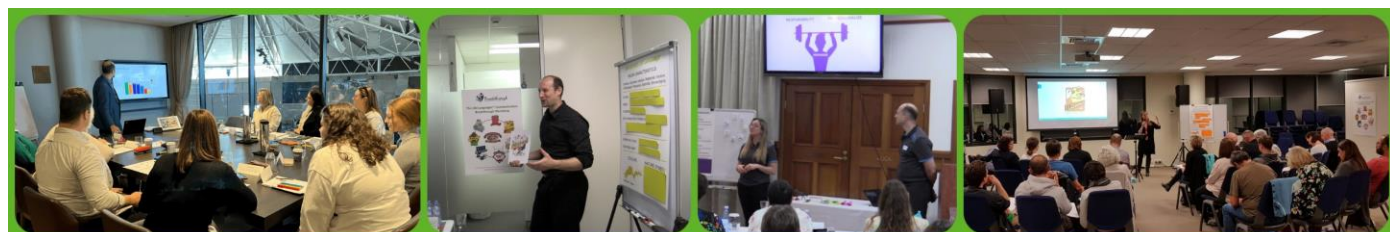
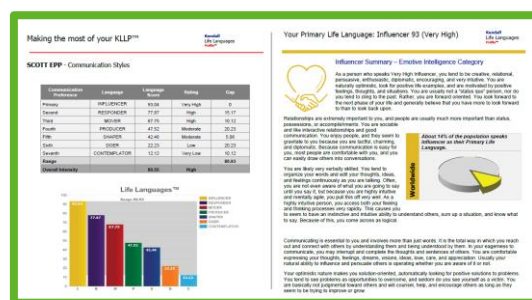
In this training we will dynamically lead your team to understand and develop their communication effectiveness and teamwork. We will integrate the Kendall Life Languages™ Profile as a foundation for this course. Your stakeholders, leaders, managers and team members will become better communicators and team players.

Participants will discover the freedom of not feeling boxed in because they have all the 7 Life Languages™ at varying fluencies. Participants will explore their communication strengths and areas to develop, so they can become great all-round communicators. Ineffective communication is harmful to your team... Let's take a look!



- **Time loss** – communication breakdowns lead to significant time losses, during which the client might as well take their business elsewhere. Time losses are often a consequence of miscommunication.
- **Disputes and conflicts** – Workplace conflicts can result in absenteeism and people leaving their job. In fact, according to research, up to 50% of the reason people leave their job is due to disputes and conflict.
- **Low employee engagement and productivity** – Communication breakdowns force people to give their time and attention to fixing the errors that should never have happened in the first place. Poor communication often leads to presenteeism where employees are at work but they are not fully present, engaged and unified as a team. Poor communication causes frustration and stress.
- **Project failure** – Poor communication, if it's not detected on time, can lead to project failure. When a mistake is made early in the process and never caught, and thus the project continues on a faulty base.
- **Decreased revenue** – According to The Holmes Report – corporations with leaders identified as highly effective communicators had up to 47% more returns to shareholders within a five year time span when compared to the corporations with the least effective communicators at the helm. Simply put – good communication pays.
- **Unsafe and unhealthy work environments** – Poor communication contributes to unsafe and unhealthy work environments. Employees need to clearly understand what is expected of them and they want to be on a healthy cohesive team that is working together. Poor communication can lead to a lack of trust, low 'company buy-in', issues with occupational health and safety and more.

Each participant will receive a Kendall Life Languages™ Profile which they will complete before the on-site team building day. Out of the dozens of assessments and profiles that we've used over the last 12 years, this profile is the best for participant buy in and sentiment. It is also the best profile for accurately helping people understand who they are, how they communicate and how others perceive their communication. The Life Languages™ is a unique profile that gives you a comprehensive picture of who you are and how you communicate, act, and behave. This profile does not box you in or single you out into one of 16 styles but rather expresses how we are all wired with 7 Life Languages™ at varying levels. This profile is *diagnostic and prescriptive*, providing insightful, positive self-discovery resulting in Character-Centred-Communication. Our team can prepare an instructional video for your participants. This will help introduce ourselves, create excitement and we will share the easy-to-follow directions for the pre-work. Participants complete their questionnaire, and they will get an insightful personal 10–15-page PDF report.



The Life Languages™ Communication Breakthrough Course©

In a team context it is invaluable if respective communication styles are understood by all team members. Every member of your team will get a deep understanding of who they are and how they are wired. With effective communication, your team will be positioned to have a team culture that is healthy and cohesive. To develop this culture, it will also be important to learn the communication styles of your team members and clients. Effective communication skills are incredibly useful in breaking down silos and having people feel empowered and valued. In this training we will unpack each of the 7 Life Languages™ and participants communication styles. These are the 7 Life Languages™ that each of us have at varying levels:

- **Mover** - The Mover language is characterized by being direct, ambitious, and assertive.
- **Doer** - The Doer Life Language™ is characterized by being dedicated and observant of their surroundings.
- **Influencer** - The Influencer Life Language™ is characterized by being optimistic and relational.
- **Responder** - The Responder is Life Language™ is characterized by being compassionate, warm, and passionate.
- **Shaper** - The Shaper Life Language™ is characterized by being organized, focused and efficient.
- **Producer** - The Producer Life Language™ is characterized by being gracious, responsible, and thoughtful.
- **Contemplator** - The Contemplator Life Language™ is characterized by being inquisitive, calm, and reflective.



This training aims to give participants the skills and resources that are essential for them to become healthy and cohesive leaders and team members. The training room experience will be a mix of learning, visuals, and group interactions. Here are the outcomes of this training for you and your team members:

- Understand the 7 Life Languages™ and learn new communication strategies.
- Discover amazing skills in conflict resolution.
- Learn how to effectively communicate with your boss, peers, and teams.
- Discover how you prefer to communicate and how others perceive your communication and then build bridges to communicate more effectively.
- Develop your social and communication intelligence skills.
- Become aware of the 7 Life Languages™ Distress Flares and de-escalation strategies for yourself and others.
- Find out what your areas to develop are and learn how to turn these into strengths.



“Effective Communication is the key ingredient to an enriching, productive and fulfilled team!” – Scott and Nicole Epp

Scott and Nicole Epp are your Australia Senior Life Languages™ Communication Coaches and Trainers. They were introduced to this tool in 2006 and have 1000s of hours coaching/training with it.



The training will integrate communication and social intelligence skills as a base through The Kendall Life Languages™ Profile. The delivery will be interactive and dynamic as participants will have opportunities to engage in the material through short breakouts, visual learning, and activities. We include all materials for the workshop activities and each participant will also receive a kit of tools including a laminated cheat sheet, poster and materials. The stakeholders also receive a kit of tools including posters, a set of Life Languages™ laminated cheat sheets and a comprehensive Life Languages group report with CrossTalks™ for each team member.

The overall training/coaching is aimed to help participants gain awareness and skills to enhance their interpersonal and communication effectiveness. This course can be run in the following formats: 1-2 Hours, Half Day and Full Day options are available. After this Course, we offer the next level with our *Life Languages™ Communication Mastery Course©* and custom program. Call +61 481 307 778 or email office@breakthroughcorporatetraining.com.au for more information.

The Life Languages™ Communication Mastery Course©

Do you want to transform your culture by integrating mastery level communication training for your leaders and team members?

Research shows that coaching and implementation after professional development workshops will drastically increase team buy-in and ongoing culture transformation. This Communication Mastery Course and our Custom Program expands on *The Life Languages™ Communication Breakthrough Course©*.

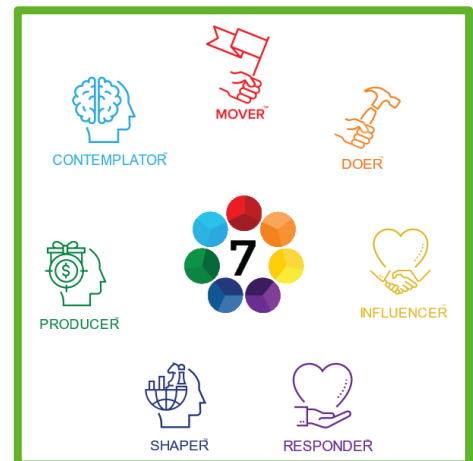
This is the pathway for your team to realize ongoing character-centred-communication. The purpose of this course and custom program is to activate, teach and coach your team members with communication mastery skills using the Life Languages™.

Integrating Life Languages™ Communication Mastery Activities and Activations

📅 1/2 Day | 📅 Full Day | 📅 Custom Program

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

- Master Communication as participants enhance skills and strategies with, acknowledgement, approval, encouragement, and empowerment.
- Master Communication as participants spot Life Languages™ Characteristics and then communicate to the right Life Language by answering the filter, meeting the need, driving the passion, and building up the character.
- Mastering Communication under pressure. Learn how to spot distress flares, distress patterns and chronic patterns in others. Then learn how to help them move from distress to healthy and positive communication.
- Master Communication with people who have very different Communication Styles. You will learn how to use CrossTalks™ to bridge gaps in communication and enter healthy and positive communication.
- We will have discussions with your team members When designing this as a custom program for your Organisation, one of the add-ons that we can include is Professional one-on-one Coaching with your team members.



One custom option is to get Scott Epp and/or our other Certified Life Languages™ Communication Coaches to coach selected individuals for 45-60 minutes Sessions on Zoom.us/MS Teams or in person in Sydney Australia. One-On-One Coaching will uncover the depths of knowledge that is immersed in the Individual's Life Languages™ Profile. Here are some of the benefits:

- Inspire individuals as they learn how to become more effective communicators and to engineer healthy relationships or even reverse engineer relationships if they become stressed.
- Learn to be conscious about 'switching on the light for the right Life Language' and use the right Life Language(s) at the right times in your personal and professional relationships. Participants will have an opportunity to fill in their Life Languages™ Goal Sheet towards the end of the Session.
- Empower individuals to understand their KLLP™ results, scores, scales, indicators, and combinations.

Team Building Options for The Life Languages™ Communication Mastery Course©

1) Identifying The 7 Life Languages™ in Their Pure Form Activity©

To become proficient in using Life Languages™ in your everyday interactions it is essential to learn to identify the Characteristics that are evident in the displayed behaviours and communication styles of the people we are interacting with. The purpose of this activity is to identify the Life Languages™ Communication Style that is in front of us. The methods that we use include 'Standing on the Curve', 'Spot the Life Language™ Image Decks' and movie/media videos.



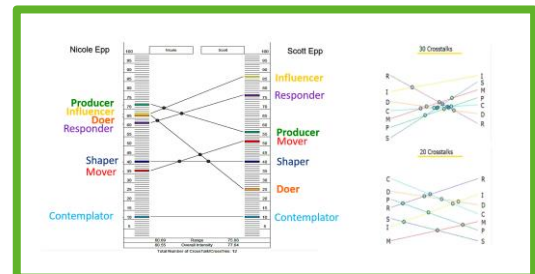
2) The Communication Breakthrough Activity©

In this interactive and engaging activity each person will need to wear provided Lanyards with their Top Life Languages™. These Lanyards will include the Filter Question, Need from Others, Driving Passion, and Key Character Strength from each of their Life Languages™. The twist is that participants will need to breakthrough in communication with each interaction to advance. We will also incorporate communication skills such as active listening, reframing, body languages and powerful questioning.



3) The Life Languages™ CrossTalks™ Activity©

CrossTalks™ are a measurement of two communication styles. The more similar the descending order of their 7 Life Languages™ is, the fewer CrossTalks™ two people will have. The more different the descending order of 7 Life Languages™ is, the more CrossTalks™ two people will have. When two people have many crossed communications, they will be shown how to communicate using the CrossTalk™ methodology. Time permitting, we can have team members go through this activity with multiple colleagues.



4) Mastering Communication Under Pressure Activity©

In the workplace there is pressure to communicate, perform, hit targets, and add value to our clients and more. It's no wonder that Distress flares can happen in our communication (internally and externally.) These Distress Flares can fester, cause resentment and more. Your facilitator acts out live scenarios to showcase the distress flares of each Life Language. Groups will go through workplace scenarios and identify the Distress Flares and use the given strategies to move back into healthy communication.



5) The Life Languages™ Communication Jeopardy

In this session, everyone will participate and play a fun and challenging game called Communication Jeopardy. The game starts by us strategically choosing multiple teams that will have the opportunity to compete against each other to win the game. We will set up a game board (like the Jeopardy we all know.) Your facilitator will be your Game Show host. Each team will have their buzzer and the team with the most points in the end wins! You will be asked questions that are relevant to effective communication.



6) The Life Languages™ Spaghetti Bridge Experience©

The Life Languages™ Spaghetti Bridge Experience© brings out immense creativity, teamwork, strategy, resourcefulness, and engineering to complete. This workshop activity incorporates the 7 Life Languages™ communication styles. Each team has a mystery box of goodies and unique instructions to complete a Spaghetti Bridge. Teams will have a set amount of 'breakthrough bucks' to use at the breakthrough store to buy additional items and they are tasked to build the most efficient bridge that survives.



The overall training/coaching is aimed to help participants take their communication skills to the next level and transform team culture and communication. This course can be run in the following formats: Half Day, Full Day and Custom Program options are available. Call +61 481 307 778 or email office@breakthroughcorporatetraining.com.au for more information.

The Healthy and Cohesive Team Course©

Do your leaders and team members need to develop and grow their healthy and cohesive team culture?

Team health is crucial for any organisation seeking growth. Patrick Lencioni, a world-renowned expert on teams, argues that team health is the single most significant advantage for any organisation. Although team members are technologically interconnected, there are often silos within teams and departments. Lack of collaboration or poor communication leads to team problems and failures. Teams usually succeed or fail based on communication and trust levels. Team health is ignored for a variety of reasons:

- Team members have never been trained.
- Teams are consumed by KPIs and immediate outcomes.
- Leaders and Managers feel they are too busy for this type of training.
- Teams have typically focused their off-site days on team bonding activities instead of specific team health training.



A Healthy and Cohesive team is where team members appreciate that everyone contributes with their piece of the puzzle. Team members are performing in their roles while also supporting and collaborating with others. The Healthy and Cohesive team cultivates a culture of empowerment and trust, and this directly affects productivity, strategy, client interactions, employee retention, organisational values alignment, and more.

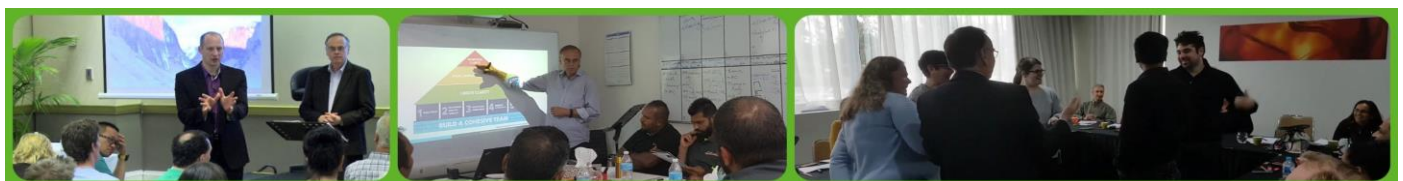


A thriving team has a pulse on the importance of culture, trust, healthy conflict, accountability, commitment, and results. Now let's take your team(s) to new heights!

We have built this training over the past 10 years and have led it with teams around the world. We credit Patrick Lencioni and the Table Group and their '5 Dysfunctions of a Team' and 'Advantage' books/tools for some aspects of this training. Participants will gain insight and coaching in their 5 Team Dysfunction behaviours through the questionnaire that they take before or during the training. The training room experience is a mix of learning, coaching, facilitated discussions and small group activities. We can deliver this course for teams or alternatively we can deliver this course for leadership groups.

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

- Know the dynamics and importance of teamwork and what is needed to lift the effectiveness of your team. Participants complete their 5 Dysfunctions of a Team© Assessment and unpack the results. Optionally participants can complete The Team-based Assessment for Leaders, Managers and Team Members (by The Table Group.)
- Learn how to work together effectively, appreciating each other's strengths, values, and weaknesses.
- Discover new ways to navigate conflict and overcome the behaviours that damage teams.
- Shift the culture of your team through intensive work on The 5 Functions of a Healthy and Cohesive Team.
- Participants will learn how to; trust each other, master the art of disagreement, commit to agreed action plans, set accountability processes, and focus on collective team results.
- Understanding the dynamics of empathy, Emotional Intelligence (EQ) and Social Intelligence (SI) on the Team.
- Create a Team vision that is "owned" by everyone on the team and establish strategies to implement it.
- Develop skills with problem-solving, brainstorming, and effective decision-making.
- Optional – create your teams Healthy and Cohesive Team Charter.



The overall training/coaching is aimed to help leaders and team members develop and grow their healthy and cohesive team culture. This course can be run in the following formats: 1-2 Hours, Half Day, Full Day and Custom Program options are available. Call +61 481 307 778 or email office@breakthroughcorporatetraining.com.au for more information.

The Graciously Handling Challenging People Course©

Do your leaders and team members need to enhance their skills when dealing with challenging or difficult people in your workplace?

In the present-day workplace, there are soft skills and personal strengths that team members can develop that will give them the edge and enable them to thrive. One of the vital soft-skills that many team members can develop is in graciously handling challenging people while being professional and composed. Handling difficult customers may seem like a thankless job. You can develop skills to adapt to the challenges difficult customers pose and extend these skills to handling difficult people and situations throughout your daily life.



☑ 1-2 Hour | ☑ 1/2 Day | ☑ Full Day | ☑ Custom Program

Customer service is essential and it helps companies give customers what they want and need. However, some customers and clients may be challenging. With the right training, skills, and knowledge, any challenging or difficult customer can be handled properly and effectively.

Participants will learn how engaging customers properly can benefit both the organisation and the customer. Effective customer service can change a company's reputation for the better. Through this workshop, your participants will gain a new perspective on how to react to negative customers and leave the customer satisfied and as a returning customer.

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

- Cultivate a positive attitude and reduce irritability and escalation.
- Develop skills in being gracious and honouring people.
- Manage internal and external stress.
- Develop abilities to listen actively and empathize.
- Build a rapport with customers in person and over the phone.
- Understand the diverse challenges posed by customers.
- Look at the sensitivities in place with challenging customers.
- Develop strategies to adapt to challenging circumstances.



Through this course, participants will get to role play with each other using The Graciously Handling Challenging People Methodologies. Participants will be activated with powerful communication, authentic rapport building, and body language skills.

This course is beneficial for people who work in customer service, sales or any relationship centred roles. We will examine people that are rude, angry, from another culture, different generations and customers that are 'impossible to please.' In the end, each participant will have developed strategies to effectively and graciously handle challenging people.



The overall training/coaching is aimed to help participants breakthrough with their skills with graciously handling challenging people in the workplace. This course can be run in the following formats: 1-2 Hours, Half Day, Full Day, and Custom Program options are available. Call +61 481 307 778 or email office@breakthroughcorporatetraining.com.au for more information.

The Art of Storytelling©

Would your leaders and team members benefit from enhancing their written and verbal business storytelling?

Just imagine the impact you will have with stakeholders and your business relationships when you add the art of storytelling in your meetings, sales, marketing and interactions. Just imagine how it would feel to know that you learned the science and art of authentically crafting and telling business narratives that land with your audience.

“The Art of Storytelling©” training is a globally acclaimed training, having won an award for “Best Results based Learning Solution” at the World HRD Congress in 2017.



☑ 1-2 Hour | ☑ 1/2 Day | ☑ Full Day | ☑ Custom Program

- We will be leveraging science and mechanics behind the structures, models, and tools – in order to make the learnings easy to implement.
- Your participants will not just learn and master Storytelling but also learn how to craft business stories and how to storyboard their talks, pitches, conversations, and presentations.
- We will leverage a unique blend of methodologies in our work - including T-group, Life Coaching, Gestalt tools, NLP and more – to make learning real and implementable.

Breakthrough Corporate Training is partners with TransformMe Learning to offer this course. Gatik Chaujer developed ‘The Art of Storytelling’ and has refined it since 2012. Gatik is a seasoned speaker and has twice been invited to speak on the TEDx stage. Scott honed his speaking skills over 12 years in Toastmasters International and has won many speaking competitions. Scott and Gatik have delivered hundreds of talks to 1000s of leaders and teams. This course will be run by either Gatik Chaujer or Scott Epp using a range of tools, processes, and techniques to enable you and your team members to craft their stories. The Art of Storytelling© is a World Class training that has been run 100+ times with leaders and team members in organisations such as Google, Accenture, ANZ Bank, Fuzzy LogX, Daisee, McKinsey, Adobe, Sunlife Financial and many more. We will deliver a customised learning journey on Storytelling skills for team members.

This will be a highly facilitative experiential journey that will address the specific opportunity areas of the group and will be delivered. We will launch the participants into the why and how of storytelling and they will get to decode and write their first business stories and even present them. We will teach the patterns of business narratives that most align to your group’s needs. This training will be weighted with more practice and activation as participants onsite will have multiple business stories that they will craft and present in small breakout groups. We will also provide some live coaching with the stories which will have flow on benefits for the group and their learning. The training will be a mix of learning, visuals, and group interactions. Here are the outcomes of this training for you and your team members.

- Understanding the why and how of business storytelling and narratives.
- Decode the structures of storytelling, messaging, building curiosity, trust, impact and more.
- Be enabled to cull out their own authentic stories and craft that narrative.
- Deliver the right story with highest impact.
- Learn the 2 pillars of Story Telling and the 8 Patterns of Story Telling.
- Break out of only using data-based communication and learn where and how to use data effectively.
- Become activated with breakout practice, crafting narratives and real play examples of storytelling.



The overall training/coaching is aimed to help participants learn the science and art of crafting and presenting business stories. This course can be run in the following formats: 1-2 Hours, Half Day, Full Day, and Custom Program options are available. Call +61 481 307 778 or email office@breakthroughcorporatetraining.com.au for more information.

Developing Empathy as a Strength Course©

Do you have team members that would benefit from developing empathy as a strength?

The Oxford Dictionary defines empathy as ‘the ability to understand and share the feelings of another.’

When we empathize, we show a connection with how the other person is feeling. This helps the other person feel understood. The focus is on understanding the other person’s feelings from their point of view by standing in their shoes. Empathy is often confused with sympathy, a feeling of pity or compassion for someone. Empathic communication, as Steven Covey argues, is central to improving our relationships. The good news is that we can become more empathic. Our brains are surprisingly malleable or ‘plastic,’ enabling us to revive our neural circuitry. Both cognitive and affective empathy are important in customer service and all relationship transactions. Empathy is caught more than it is taught and therefore we will demonstrate empathy in various situations and all participants will be activated so that more is caught.



☑ 1-2 Hour | ☑ 1/2 Day | ☑ Full Day | ☑ Custom Program

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

- Understanding the foundations of empathy and the science of empathy.
- Identify ‘Empathy Blockers’ and ‘Communication Killers.’
- Learning the different types of empathy and the difference of compassion and sympathy.
- Gain skills with relating and having empathy for sensitive and emotive people.
- Stepping in other people’s shoes (and role-playing as them).
- Practicing curiosity, active listening, and advanced communication skills.
- Develop empathy in context with additional social and emotional intelligence skills.
- Learn how to have UPR (Unconditional Positive Regard) for yourself and others.
- Learn a variety of hand picked workshop activities such as ‘Resporative Conversations, Self-awareness as a Choice, Empathy Mapping, Active Listening to Affirm, and The Breakthrough Empathy Blocker Activity©.’
- Learning about the importance of emotional intelligence and social intelligence and putting them into practice.
- Gaining a deeper understanding of communication, including words, voice, and body language.
- Through our reflection process you will uncover the level of each of your Human Needs (Certainty, Significance, Love/Connection, Growth, Uncertainty/Variety and Contribution.)
- Moving from rapport building to influencing stakeholders and/or closing the sale.



It takes effort and hard work. In this course, each participant will pay more attention to the social world around them. Your participants will work on becoming a more emotionally intelligent communicator. Each participant will develop communication skills as they develop empathy as a strength. Each participant will become a more effective listener, through the development of “active listening” skills, in which you reflect back what you believe the speaker said in order to ensure clear understanding. As your Trainers and Coaches we will study the behaviours and social situations within your group and everyone will grow by practising their empathy skills.



The overall training/coaching is aimed to help participants develop their awareness and skills with empathy and emotional intelligence. This course can be run in the following formats: 1-2 Hours, Half Day, Full Day, and Custom Program options are available. Call +61 481 307 778 or email office@breakthroughcorporatetraining.com.au for more information.

The Character and Principle Driven Team Course©

Do you want to develop a character and principle driven team culture?

We believe that people want to work in environments where qualities of strong leadership, character, vision and courage are cultivated in the people around them. When you lose sight of your character and principles, you and your business may fall into the trap of listlessness and ambivalence.

We have a unique, branded, and proven training model that is based on the Global Priority System™. This system can bring your business greater success by coaching and training your team members on universal principles. Our results speak for themselves, and the benefits of the Character and Principle Driven Team Course™ for your business are unmistakable. Here are the outcomes of this training for you and your team members:

- Greater levels of job satisfaction with all team members and a healthier team atmosphere.
- Markedly increased productivity and focus.
- Stronger leadership skills and more organised management.
- Increased value on communication, commitment, character, integrity, trust, and honesty.
- Your employees will have a stronger, better understanding of who they are.
- Productive problem solving skills and willingness to compromise.
- Less turnover and more commitment to the company.

Breakthrough Corporate Training is a partner with Global Priority Solutions. Global Priority Solutions is based in Ohio USA and it is a worldwide movement of Principle-Driven people making a difference. Global Priority Solutions have worked closely with Dr. John Maxwell and EQUIP to launch transformation initiatives affecting nearly a million people who are using the GPS RoundTable™ Methodology. Global Priority Solutions has clients in 40 countries in governments, businesses, and community sectors and the implemented corporate campaigns have changed many toxic cultures. RoundTables™ employ two-way communication in a structured environment using the 45+ principles written by Global Priority Solutions. Ideas are not taught—they are facilitated. During a RoundTable™, a designated person leads but all participants share from their own experience. As a result, everyone grows together. The RoundTable™ Methodology is powerful in its simplicity and each principle that we facilitate will develop participants professionally.



We choose relevant principles from the Global Priority library of 45+ principles and then we lead those principles with your team. Our principles include: Ambition, Attitude, Boundaries, Confrontation, Connection, Correction, Creativity, Criticism, Dependability, Developing People, Emotions, Empathy, Ethics, Excellence, Forgiveness, Generosity, Goals, Hard Work, Honesty, Hope, Humility, Influence, Inspiration, Judgment, Listening, Motives, Patience, Pressure, Productivity, Resilience, Resolving Conflict, Responsibility, Restraint, Right Thinking, Self-Esteem, Teamwork, Transparency and Understanding People. In 1-2 Hours we can lead 1 Principle. In a Half-Day we can lead 2 principles and in a Full-Day we can lead 4 Principles and we also have Custom Program options.

The overall training/coaching is aimed to help participants develop their awareness, skills, and behaviours with Universal Principles. This course can be run in the following formats: 1-2 Hours, Half Day, Full Day, and Custom Program options are available. Call +61 481 307 778 or email office@breakthroughcorporatetraining.com.au for more information.

The Epic Business Values, Purpose, and Vision Workshop©

Do your Business Owners and Organisational Stakeholders need to clarify their organisation's values, vision, mission, purpose?

This workshop is for leader's who are looking for an outside facilitator to lead them through a redefining and clarifying business process.

As the creator of the Epic Life Values Discovery© and the author of the upcoming 'Epic Life Values' book. Scott has led over 1000 hours of one-on-one sessions with core values with his coaching clients. He has also helped dozens of organisational leaders and business owners to discover and align their organisational values purpose and vision.



☑ 1/2 Day | ☑ Full Day | ☑ Custom Program



Healthy and successful leaders and organisations have a deep clarity with their values/vision/mission/purpose. This is of paramount importance for any organisation that wants to make effective decisions, advance to new levels and to communicate the right message internally and externally.

Before the workshop, We will send our propriety Epic Life Values Worksheets© to narrow down each stakeholder's/leader's individual values. This will be a great start before discovering what the organisation's values are. Personal values often influence organisational values and we will guide the leadership group to help the team determine objectively and neutrally what their organisational values are.

In the next part of the workshop (or on the second half-day workshop), we will take a step back from values and then we will explore the 6 questions to clarity:

1. Why do we exist?
2. How do we behave?
3. What do we do?
4. How will we succeed?
5. What is most important, right now?
6. Who must do what?



Then we will revisit the organisational values and synchronise with the organisations vision, mission and purpose. Your Business/Organisation/Team's vision and purpose will be clear and compelling.

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

- Every Leaders individual Epic Life Values.
- Invigorate the Leaders as they gain new clarity, insights, and direction with the Organisation.
- Determine the organisation's core values, nurture values, core purpose and vision.
- Answer and articulate the 6 questions to clarity.
- Becoming a more interconnected team and reduce the 'silo effect' that many small teams experience.

Participants will gain self-awareness with their personal core values by accessing our propriety Epic Life Values Discover Process. We will workshop the process and be fluid as we determine what the right values, purpose and vision is. We will help you articulate the messaging (for employees, clients, stakeholders and the public). If your leadership is not yet clear with what your values, purpose and vision is then this workshop is for you. If your organisation is going through a transition then work with us and we will help you pivot and reclarify your organisation's values, purpose, and vision.

The overall training/coaching is aimed to help leaders and stakeholders clarify the organisation's values, vision, mission, and purpose. This workshop can be run in the following formats: 1 Half Day, Full Day, and Custom Program options are available. Call +61 481 307 778 or email office@breakthroughcorporatetraining.com.au for more information.

The Proficient Speaker and Emcee Course©

Would your leaders and team members benefit from developing presentation skills?

Presentations and speeches have the power to move and inspire people, yet many people have a huge fear of public speaking. Thanks to The Proficient Speaker and Emcee Course©, participants will find themselves enjoying public speaking! This course is based on practical experience and not just theory. Every participant will get to practise their new speaking skills throughout this course.

We will gear our course to where your team is at and we can optionally add emcee and/or moderator skills depending on what you need. This course will be led by Scott Epp and/or Luke Ashcroft and/or Gatik Chaujer. Scott Epp and Luke Ashcroft have a combined 20 years of International Toastmasters experience. Scott and Luke have emceed dozens of events. Gatik Chaujer has spoken on TEDx stage. Scott, Luke and Gatik have delivered hundreds of speeches combined.



The Proficient Speaker Course© was designed by Scott Epp. Scott has honed and developed his speaking skills for 12 years in Toastmasters International. During this time Scott was the President of a club in Saskatoon, Canada for 2 years and he competed and won dozens of; Table Topics, Speech Evaluation, Humorous Speech and Toastmasters International Speech competitions. Scott has delivered 100+ talks to 1000s of leaders, teams and delegates around the world.

This Breakthrough Corporate Training proprietary course will help participants with presentation skills:

- Learn the proficient speaker and emcee HACK© (Humility, Authenticity, Confidence, Know).
- Social etiquette, protocol, stage presence, and platform manners.
- Preparation for your event (appearance, self-talk, nutrition, microphones, lecterns, slides, and more).
- The Proficient Speaker Confidence Model©
- Using media, slides, and props – including making incredible slides with proven examples.
- Setting the scene and theme for your presentation or talk.
- Storytelling strategies for presentations – Take people on a journey.
- The 12 Strategies to Writing a Winning Speech© and The 12 Strategies to Present a Winning Speech©
- The Body Language Breakout Activity© – Learn how to breakout of The 10 Poor Body Language Habits©
- Effectively use body language, voice, tone and vocal variety.
- Using humour and thinking on your feet.
- What to do and say/What NOT to do and say.
- Learn the advanced speaking strategies that the best speakers and Toastmasters employ.
- Be activated by delivering your own introductions and speeches and get live feedback from your trainer.

You will learn how to incorporate relatable stories, humour and relevance into your talks deliver your message with an effective blend of optimism, care and insight. If wanted, we can also train your group on proficient emcee and/or moderation skills, including specific training on event preparation and preparing speakers or moderator panels. We can lead this course over multiple days when we combine specific coaching on writing and presenting with individuals or smaller groups. We can also offer coaching for speech writing, presentation skills on-site or on Zoom.us.



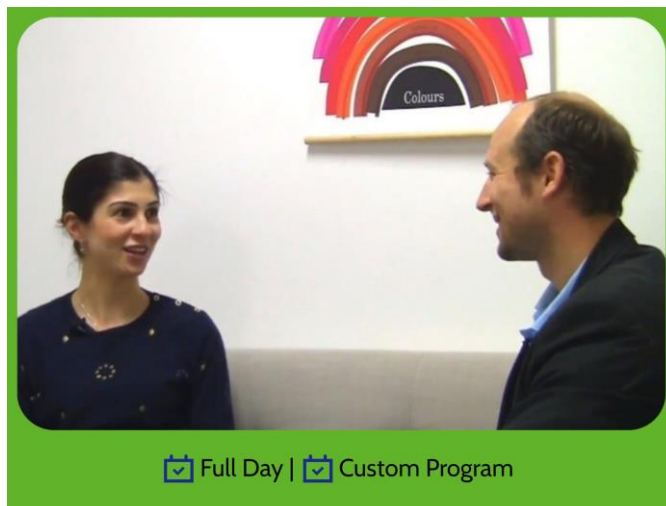
The overall training/coaching is aimed to help participants develop presentation skills through engaging training and practical application. This course can be run in the following formats: Half Day, Full Day, and Custom Program options are available. Call +61 481 307 778 or email office@breakthroughcorporatetraining.com.au for more information.

The Keys to Effective Coaching Course©

Would your workplace benefit from developing a culture where leaders, managers and team members apply effective coaching skills?

Foundational coaching skills are pillars for successful communication, team health, empathy, motivation, collaboration, spirit, and effectiveness.

Scott Epp and Greg Beech each have over 10,000 hours of one-on-one professional coaching and mentoring experience. This sets them apart as industry leaders in developing and teaching individuals and teams effective coaching skills. This training highlights key coaching skills and helps participants improve their coaching in the workplace setting. Our training incorporates an array of learning, coaching, role-playing, and activations. Participants will learn the strategies that we have honed since 2010 with Abundance Coaching.



Full Day | Custom Program

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

- Introduction to professional coaching.
- Effective communication and conversations.
- How to create a “coaching presence.”
- Curiosity rather than diagnosis.
- Advance your essential coaching skills; powerful questions, active listening, reframing, visualising, goals and more.
- Modelling, role-plays, and in-class practice using the skills above.

Breakthrough Corporate Training provides numerous coaching tools and the necessary training for using them. Here are some of our proprietary coaching tools and applications that we can include:

- Abundance Coaching 4 Pillars of Life Tool©
- Abundance Coaching Values Discovery Tool©
- Abundance Coaching Comfort Zone Breakthrough Tool©
- Abundance Coaching Navigating Change Tool©
- Abundance Coaching Problem-Solving Tool©
- Abundance Coaching Rapid Results Tool©
- Abundance Coaching CLARITY Coaching Process©
- Abundance Coaching Setting Goals and Priorities Tool©
- Abundance Coaching Limiting Beliefs vs Empowering Beliefs Tool©
- Abundance Coaching Total Confidence and Self-Worth Blueprint©
- Abundance Coaching Story Breakthrough Tool©
- Abundance Coaching Conflict Management Tool©



As teams are vital to every organisation we have found that learning effective coaching skills is especially important for leaders and managers. These coaching skills put you and your team members on the fast track to increased results, enhanced internal communication and notably better client interactions.



The overall training/coaching is aimed to help participants develop coaching skills through engaging training and practical application and roleplays. This course can be run in the following formats: Full Day, and Custom Program options are available. Call +61 481 307 778 or email office@breakthroughcorporatetraining.com.au for more information.

The Strengths-Based Approach for Teams Course©

Would your leaders and team members benefit from gaining awareness of their character strengths and to integrate the strengths-based approach for their teams?

“What sabotages more leadership efforts, holds back more good teams, and derails more leaders’ careers than anything else? Lack of self-awareness! When leaders don’t see themselves clearly, are unaware of their strengths and weaknesses, or fail to recognize their negative interactions with their team members, they limit their influence and undermine their own effectiveness.”

- John Maxwell (The Self-Aware Leader)



Team members are more engaged when they are aware of their strengths, and they are able to use them at work. By utilising the strengths-based approach, managers and leaders around the world are seeing improvements in company culture and increased productivity and engagement. This course will empower you and your team members to identify their personal character strengths and learn the guiding principles to use them personally and professionally. Studies show that deepening the talents and strengths that people already have yields better team results than trying to make every employee well rounded. Team members will apply science-based practices to activate their strengths, boost happiness, improve well-being and enhance their work engagement.

In the early 2000s, something ground-breaking occurred in the social sciences: scientists discovered a common language of 24-character strengths that make up what’s best about our personality. Everyone possesses all 24-character strengths in different degrees, so each person has a truly unique character strengths profile. Each character strength falls under one of these six broad virtue categories, which are universal across cultures and nations.

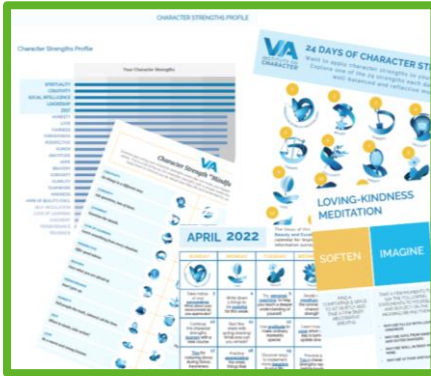
This course works from a strengths base as we facilitate the learning journey with your team members. We will coach/train your team members on how to use their best qualities to be happier, navigate change, live authentically, reach goals, improve work engagement, restore/build relationships, reduce stress levels and more. We will also give tools, training, and strategies on how teams can work within a Strengths-Based approach.



We partner with VIA Character Strengths, and we will give each team member a VIA Character Strengths Profile. We will send you an introduction email and link that can be sent out to all participants. Each participant will follow the directions to complete their VIA Character Strengths Profile. Our team receives the results on our backend, and we will compile all the data and generate 20-page personal reports for each participant. This report will include your unique profile of strengths in rank order from 1-24 plus a deep dive into the five core strengths that best capture your uniqueness and essence. We will unpack each strength and identify what it means for your team.

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

- Complete your VIA Character Strengths Profile© and get a personal PDF Report with details of your 24 Character Strengths and in-depth insights on your Top 5 VIA Character Strengths.
- Gain a fresh appreciation of the importance of knowing and focussing on your character strengths.
- Remediate the human tendency to myopically focus on your personal weaknesses and the weaknesses of others.
- How your Character Strengths complement your DISC™ Profile, BIG 5™ Profile or Kendall Life Languages™ Profile.
- Think through how you can effectively function in your top Strengths and how to make them even stronger.
- Appreciate the difference between talent, knowledge, and skills.
- Develop problem solving skills and use Strengths when facing difficult situations.



We will also outline the 3-step approach with strengths that increase work performance and harmonious passion. Your team members will learn the Strengths-Based Approach (Aware – Explore - Apply Model). This part of the training will be engaging, and it will boost your team motivation. In our longer Training formats, we can integrate role plays and coaching with team members to model how to implement the strengths-based approach with individuals. Each participant will receive a VIA Character Strengths toolkit with laminated cheat sheets, guides, reference sheets and materials for on-going learning and implementation. Your workbooks include goal sheets, and we will provide downloadable resource PDFs. Check out some of our optional team building activities that you can include in your training.

The Strengths-Based Approach for Teams Course© - Team Building Activities

1) Character Strengths Speed Networking

Research shows that knowing your strengths and using them will lead to greater personal well-being, resilience, and better performance. Participants will network with other participants as they unpack insights and draw out humorous, insightful, and life-giving insights from their own 5 Top Character Strengths. We will give clear direction and time limits that enhance engagement and networking opportunities. Participants will really grow in understanding each other’s Strengths.



2) VIA Character Strengths Intervention Cards© Activity

In stage 2 we will reveal the VIA Character Activity Cards. In this activity participants will be given VIA Character Strengths cards that represent their top strengths. In this activity there will be a series of short objectives that participants must complete in small groups. The objectives will open up opportunities for new and insightful dialogue within a group context and this will foster trust and further grow your team. Along with individual strengths we will explore the ways these strengths are currently utilised in the workplace. There will be applications through various tools to enhance the team dynamic and further ignite the strengths-based approach within the team.



3) The Strengths Breakthrough Activity©

In this interactive and engaging activity each participant will be wearing their Top VIA Character Strengths on Lanyards. The instructions will be laid out by your facilitator as each participant goes throughout the training room to interact with others. Throughout the activity the facilitator will set up scenarios where the participants must identify different strengths in their colleagues. They will need to use their own strengths to complete tasks and to influence. This will help your strengths-based culture to bloom.



4) Problem-Solving with Strengths Activity©

A high-performance environment is one that encourages problem-solving and critical thinking. There would be an introductory teaching element to this activity. Then the participants will need to use their VIA Character Strengths together in small groups to critically think and solve problems. They will need to utilise the Problem-solving Framework that we provide to gather information, identify, and define problems, remove blockages, generate possibilities, explore, analyse decide, implement, and capture lessons learnt.



The overall training/coaching is aimed to help participants to gain awareness of their character strengths and to integrate the strengths-based approach for teams. This course can be run in the following formats: 1-2 Hour, Half Day, and Full Day options are available. Call +61 481 307 778 or email office@breakthroughcorporatetraining.com.au for more information.

The Breakthrough Assertiveness and Confidence Course©

Do your leaders or team members need a breakthrough with assertiveness and confidence?

Assertiveness and confidence play important roles in our everyday lives. Being confident and assertive provides stability when we are faced with a challenge and gives us that push that helps us overcome difficulties.

People who have developed their assertiveness and confidence skills tend to have more clarity, peace, objectivity, courage, productivity and healthy competitiveness. The qualities that people possess are valuable to any corporate team/workplace culture because they result in higher sales, better customer service and more. Additionally, this helps your team to be healthier and more cohesive because team members have enhanced crucial conversations and they understand the importance of feedback and healthy conflict.



An assertive person is confident and direct in dealing with others. Assertive communications promote fairness and equality, based on a positive sense of respect for self and others. It is the direct communication of a person's needs, wants, and opinions without punishing, threatening, or putting down another person. Assertive behaviour includes the ability to stand up for a person's legitimate rights – without violating the rights of others or being overly fearful in the process.



Assertive behaviour involves three categories of skills: self-affirmation, expressing positive feelings, and expressing negative feelings. Each will be explored during this course and they aim to lead participants to more sales, better service and more. Neuroscience has shown us keys to unlock our confidence. As the author of 'Awaken the Wild Lion Within' Scott Epp has developed a coaching methodology to help people break free from their cage and have assertiveness and confidence. Participants will become more self-assured and confident as they awaken the wild lion/wild lioness within and activate strategies in their personal and professional lives.

It has been discovered that confident people share many of the same traits, even across cultures and industries. Cultivating these traits, you already have and developing those that you do not yet have will build your overall self-confidence. We will harness the Breakthrough Assertiveness and Confidence Assessment© to draw out individuals confidence levels and traits.

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

- Define 4 styles of assertiveness (Passive, Aggressive, Passive-Aggressive and Assertive).
- Participants complete their Breakthrough Assertiveness and Confidence Assessment©.
- Your team will learn to challenge their negative thinking, self-talk and negative comments from others.
- Learning from confidence role models and stepping out of your comfort zone.
- Identify our Personality and Communication Styles and how this relates to our unique Confidence and Assertiveness beliefs and perceptions. We could include a DISC™ Profile, BIG 5™ Profile or Kendall Life Languages™ Profile.
- Participants will identify and reframe limiting beliefs, fears and barriers that are holding them back.
- Learn the principles to be resilient, handle adversity and fire up your competitive spirit.
- Activate the keys to create an abundance mindset and to awaken the wild lion within them.
- Practice confidence strategies that will lead participants to more sales and better service.
- Optionally we could include our Fear and Board Breakthrough Experience for an ultimate team experience!



The overall training/coaching is aimed to help participants gain knowledge and practical skills as they become more assertive and confident. This course can be run in the following formats: 1-2 Hours, Half Day and Full Day options are available. Call +61 481 307 778 or email office@breakthroughcorporatetraining.com.au for more information.

The Transforming Conflict in the Workplace Course©

Would your leaders and team members benefit from an immersion in practical solutions to workplace conflict?

There is potential for conflict wherever there are people. Conflict costs businesses and organisations hundreds of millions of dollars every year. Yet, conflict can be a great factor for organisational success. Conflict was exacerbated when workplaces came back after extended time working from home. Unhealthy workplace conflict can destroy a relationship and infect a whole team.

While everyone will face conflict, very few people are adequately equipped to resolve conflict in a healthy way. So, whether you are a manager leading a team, a leader driving change, a practitioner who is advocating for their client, or an HR professional engaging internal stakeholder – no matter what your role is, if you need to engage, influence, and inspire people. This course is going to help your team members build their conflict management skills and strategies. The training implements practical activities and role-plays that activate the contemporary conflict resolution skills that we teach.



☑ 1-2 Hours | ☑ 1/2 Day | ☑ Full Day

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

- The dynamics of conflict – what is conflict? The difference between conflict management, conflict resolution, and conflict transformation.
- What causes conflict and the cost of untransformed conflict.
- The unique benefits and dangers inherent in conflict.
- Understanding how and why you respond to conflict the way you do.
- Recognize styles/tactics of conflict, patterns, behaviours, and the conditions that each are adopted. Understand alternative styles and develop a variety of skills to respond flexibly to any conflict style or tactic resulting in de-escalating situations.
- Develop a positive attitude toward conflict where you are liberated from stress, confusion, and fear.
- Learn and Apply 'the 12 Skills of Conflict Resolution' (We will overview all 12 skills and we can focus on roleplays/activities with specific skills that will help your team members.) The 12 Skills to Transform Workplace Conflict are: 1) The Win/Win Approach, 2) Creative Response, 3) Empathy, 4) Appropriate Assertiveness, 5) Co-operative Power, 6) Managing Emotions, 7) Willingness to Resolve, 8) Mapping the Conflict, 9) Designing Options, 10) Negotiation, 11) Mediation, 12) Broadening Perspectives.
- Develop positive ways to respond to difficult people and develop positive ways to respond to people who are in distress.
- Knowledge on how to use a step by step conflict resolution process to transform conflict disputes.
- A working understanding of the 5 levels of conflict and how to prevent going to levels 4 and 5.
- A set of skills in solution building and finding common ground.



This course may include actual role-plays or live activations and consulting with customer service, sales teams, etc.



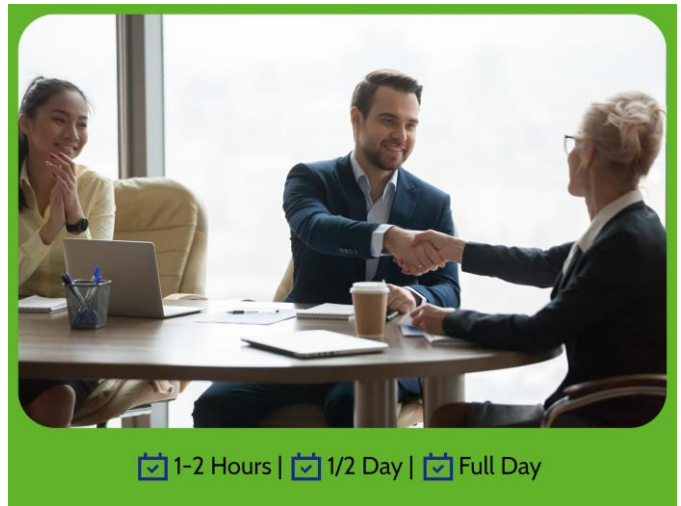
The overall training/coaching is aimed to help participants gain a comprehensive understanding of conflict resolution and be activated through practical activities and role-plays. This course can be run in the following formats: 1-2 Hour, Half Day and Full Day options are available. Call +61 481 307 778 or email office@breakthroughcorporatetraining.com.au for more information.

The Authentically Building Trust and Rapport Course©

Would your leaders and team members benefit from a practical training to develop their interpersonal skills?

This experiential course activates the essential social skills and communication skills that people need in nearly every workplace role.

Trust and Rapport can be the deciding factor between success and failure in your relationships. So, what is rapport? Rapport is the process of establishing and maintaining a relationship of mutual trust and understanding between two or more people. Rapport is entering someone else's world so they feel you understand their perspective and needs. We can also say rapport occurs when people communicate in such a way that they have mirrored their body language with their words.



If someone is hesitant, closed, uncooperative, and reluctant to communicate with you, it is likely that you have not yet built rapport. Developing a strong sense of rapport with clients or team members ensures you have a high level of trust, confidence and participation.

Taking the time to build rapport with customers and potential customers can contribute to sales and business growth. In fact, we can have an amazing product or service but without rapport we will struggle to connect with people and make sales. Rapport is crucial to the success of any business and while essential for sales, rapport is also vital for in-house employee relationships.

This course helps you and your team move from superficial to real connections with people. Body language and first impressions are vital keys to becoming a highly engaged individual and for building a highly engaging culture. The precious first moments when your team members interact with clients can make or break the possibility of a sale occurring. The residual effects of employees who do not authentically build rapport will result in diminished sales, lower customer service, loss of business, and lower staff morale.



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

- Understand authenticity, trust, and establishing a road map for strengthening these qualities.
- Know how to prepare for a stakeholder conversation that will result in rapport being established.
- Overview the tenants of Emotional Intelligence and carry out activities to make it stick.
- Know how to make a positive first impression.
- Understand effective communication skills and carry out group based activities.
- Appreciate the importance of empathy and be able to be empathic with clients.
- Gain a firm grasp of building rapport and developing powerful rapport with clients.
- Gain a deeper understanding of communication, including words, voice, and body language.
- Move from rapport building to advancing in customer service, influencing stakeholders, and/or closing the sale.



The overall training/coaching is aimed to help participants gain knowledge with interpersonal skills and communication skills that are essential for nearly every workplace role. This training is focused on helping your group of team members to build their social skills, rapport and trust. This course can be run in the following formats: 1-2 Hours, Half Day, and Full Day options are available. Call +61 481 307 778 or email office@breakthroughcorporatetraining.com.au for more information.

The Breakthrough Time Management and Productivity Course©

Would your leaders and team members benefit from developing skills with their personal productivity, efficiency and time management?

Through this workshop your participants will be on the right track with developing positive strategies with their time management and productivity. Some people blame everything that goes wrong in their life on something or someone else, but through this workshop your participants will take ownership and begin to lead a more productive life and consistently hit their KPIs at work. In this course each participant will learn and apply strategies to breakthrough with their productivity and manage their time more efficiently.



📅 1-2 Hours | 📅 1/2 Day

Standard, one-size fits all approaches to time management and productivity are not effective approaches. As a Manager, Leader and/or Business Owner you will appreciate that each member of your team has a different personality, value system, communication style, decision making style etc. Together we will determine which of our suite of assessments/profiles will be the most relevant to your team members before they attend this training.

The assessments/profiles that could be taken include: VIA Character Strengths Profile, DISC Profile, Enneagram Profile, Big Five Personality Profile, Myers & Briggs 16 Personality Profile, Decision Style Test or The Kendall Life Languages™ Profile. Each of these assessments/profiles has an area of speciality that will help your team members gain self-awareness and a baseline for the training outcomes that will follow. We will also use these results to customise time management and productivity tools that target the best practice approaches that will work for your team members.



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

- Complete one or more assessment/profile before the training. We will unpack the results and give insight into best practice approaches that will work for team members.
- The neuroscience of habits and goal setting.
- Learn approaches that fit each participant.
- Staying on top of their to-do list.
- Strategies to beat procrastination and get things done.
- Setting and evaluating SPEEDUP Goals and other goal strategies.
- Using routines, product management software and other tools to maximize productivity.
- Integrate your personal strengths and thrive in the hybrid working from home and work environments.
- 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.
- Enhance your communication (both verbal and non-verbal).



The overall training/coaching is aimed to help participants understand themselves and learn targetted strategies that enhance their time management and productivity skills. Participants will learn how to establish routines, set goals, create an efficient environment, and use time-honoured planning and organisational tools to maximize their personal productivity. This course can be run in the following formats: 1-2 Hours, and Half Day options are available. Call +61 481 307 778 or email office@breakthroughcorporatetraining.com.au for more information.

The Breakthrough Resilience and Well-being Course©

Would your leaders and team members benefit from a cutting-edge resilience training course or program?

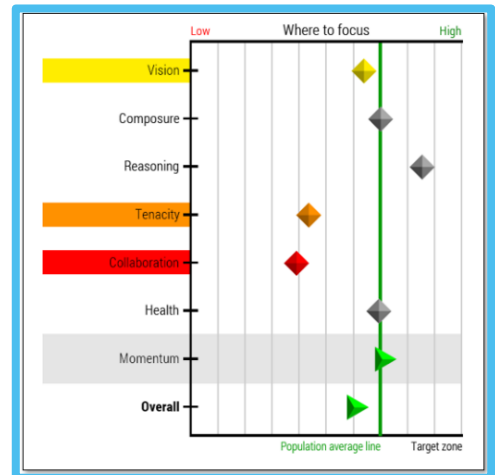
Every human being and every organisation will face challenging times. Sometimes these difficulties arise daily, while others are infrequent but may be major watershed life experiences, generating higher levels of stress. In the face of an increasingly complex technological world of human connections, and in times of global turmoil, pandemics, Organisation pressures and uncertainty, the skills associated with resilience are more valuable than ever.

Navigating in a peaceful and effective way through the difficulties of life, involves acquiring and practicing a set of focussed resilience skills. Here are some of the outcomes you and your team can expect from this course:

- A deeper understanding behind the neuroscience of resilience including neuroplasticity.
- Each participant will get to complete a Predictive 6-Factor Resilience Assessment©.
- An awareness of why stoic grit may not be helpful.
- Practice in using resilience building tools.
- Motivation to build a resilient workplace and a resilient life.



This course is Led by Certified Resilience Coaches. Each participant will receive a Driven - Predictive 6 Resilience Assessment© which they will complete before the on-site team building day. Our team will prepare an introduction video and email for your participants. This will help introduce ourselves, create excitement and we will share the easy-to-follow directions for the pre-work. Each participant will receive a personal Resilience Report PDF and we will generate a Team Resilience Report with rich insights for your key Leaders.



First it was IQ, then it became EQ. Now there is increased importance on RQ. The Resilience Quotient. These skills are increasingly needed by people at all ages and all life stages. As change accelerates, people need the mental skills to thrive despite adversity. Through your Predictive 6-Factor Resilience Assessment© and through our training we will unpack the neuroscience behind the 6 Domains of Resilience.



VISION

Basic Human Needs
Purpose & Meaning
Alignment & Priorities
Motivating Goals

REASONING

Planning & Prevention
Adaptation
Introspection
Resourcefulness

TENACITY

Persistence
Motivation
Realistic Optimism
Bounce Back

COMPOSURE

Emotional Awareness
Stress Management
Calm & In Control
Mindfulness

COLLABORATION

Good Relationships
Social Confidence
Support Networks
Trust & Teamwork

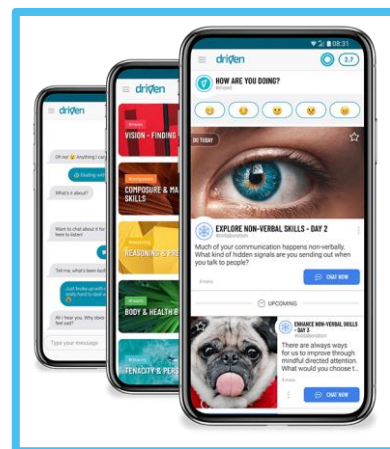
HEALTH

Quality Sleep
Regular Exercise
Healthy Nutrition
Positive Health View

This course is led in 2 Parts that layer on top of each other. We will tailor to your team's resilience needs.

Part One – The Foundation of Resilience

- Why resilience training is crucial in every workplace.
- Learn which areas of the brain are involved when we should build resilience and what helps the learning process.
- What is the link between Resilience and Well-being?
- The neuroscience of resilience and neuroplasticity.
- Unpacking your Individual Predictive 6-Factor Resilience Assessment©.
- Creative questions to ask when facing life's challenges.



Part Two – Building Your Resilience Tool Kit

- Deepened Training on the 6 Domains of Resilience - Vision, Composure, Reasoning, Health, Tenacity and Collaboration.
- How self-care can create a “resilience umbrella” to help protect you.
- Putting Resilience and Well-being strategies into practise through developing your resilience tool kit with skills like vulnerability, mindfulness, having compassion, gratitude, avoiding catastrophizing, reframing, openness, self-awareness, and a willingness to share (and seek help with) problems.
- Setting up your Driven Resilience App for ongoing Resilience Training. You'll find some really helpful micro tasks and resilience training within this state-of-the-art app with over 1000 Resilience activities. This App has integrated breathing activities, calm and composure techniques, Driven Resilience AI Coach and so much more.

We help you create a resilient organisation. Years of science-based research and hundreds of thousands of dollars have been invested in this material, the Driven Resilience App, the Driven AI Coach, and the Driven training platform that we use.



Specialty Options: Resilience First Aid (RFA) Certification and High Adversity Resilience Training (HART)

We have a partnership with Hello Driven and Jurie Rossouw to offer The Resilience First Aid (RFA) Certification and High Adversity Resilience Training (HART) options. Resilience First Aid is a proactive and preventative approach to mental health. You will learn how to build mental fitness through our practical approach. The training gives your team members conversational tools, along with physical and digital resources to help facilitate conversations and more. This 2-day Resilience First Aid Certification course teaches Leaders, Managers, and peers how to champion resilience within the organisation. You will be proactively protecting mental health, using positive strength-based language and tools to build a resilient culture with strong support networks, enhancing teamwork and trust.



High Adversity Resilience Training (HART) is developed for medical and military personnel, emergency responders and high impact occupations where high resilience is required. This specialised training option enables people in these types of roles to learn about evidence-based specialist resilience skills that are designed specifically for the unique challenges that they face. Participants will also learn how to frame resilience in a cultural context.

The overall training/coaching is aimed to help participants understand the nature of resilience and how it connects with their personal well-being. This course will help participants to implement proactive resilience strategies that will benefit the individual and the workplace culture. This course can be run in the following formats: 1-2 Hours, Half Day, Full Day, and Custom Program options are available. Call +61 481 307 778 or email office@breakthroughcorporatetraining.com.au for more information.

The Holistic Self-Awareness and Accountability Course©

Would your leaders and team members benefit from holistic self-awareness and a healthy upgrade in accountability?

It is true to say that we are all on a unique journey. This course offers a refreshing outlook on self-awareness, self-accountability, and others-accountability. Some of the outcomes that your team will experience include being able to better overcome challenges, develop skills, and find the necessary resilience to achieve the best possible outcomes.

Participants will also implement The 5 Keys to Holistic Self-Awareness and Accountability:

- Discover Yourself Early and Often!
- Have Balance and Gain Momentum!
- Build Overflow into Your Life!
- Develop Areas of Trouble!
- Get Accountable to a Team, Mentor and/or Coach to Ensure Your Success!



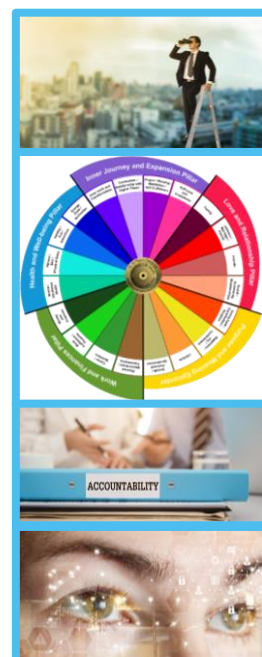
This course mixes a blend of pragmatic teaching, active work, reflection time, working with frameworks and team discussion. We highlight tools such as our proprietary Abundance Life Wheel Tool© and more. Here are the 3 Parts to this course:

Part 1. Getting Our Lives on Track

- Moving from safety in the “familiar zone” of our lives to expand, grow, and move toward our potential. Avoiding something we call “deadly drift.”
- Consider the questions: Who am I? Where am I now? Where am I going? What matters most? What do I need for the journey ahead? What obstacles am I likely to encounter?
- Adopting a growth and abundance mindset.

Part 2. The Self-Awareness and Accountability Sweet Spot

- Increasing our clarity through coach led visualisation and a vision framework.
- With heightened self-awareness, select key areas for personal growth.
- The Abundance Coaching Life Wheel Tool©.
- The 5 Keys to Holistic Self-Awareness and Accountability.
- The Self-Awareness and Accountability Sweet Spot. When we deliver custom programs, we work with your team leaders to choose which additional self-awareness tools to give to each participant for further self-awareness and coaching. We can include Kendall Life Languages Profile™, Epic Life Values Discovery©, VIA Character Profile™, Gallup Clifton Strengths Profile™, Driven Resilience Profile© and Abundance Coaching Beliefs Breakthrough©, DISC Personality Test for the Workplace™, Big 5 Personality Test™, The Typefinder® Personality Test, and Enneagram for the Workplace™.



Part 3. Accountability: choosing and implementing an effective goal and accountability process

- From your important priorities you will turn your key area into an effective goal to move ahead.
- We will introduce simple and effective goal processes that can be implemented into your provided goal journal.
- Set up a self-accountability and others-accountability process to ensure your goals are achieved.
- Be aware of distractions that take you off track and develop a plan, so you stay focused.
- Integrate your personal strengths to inspire and empower you with your personal and professional goals.

The overall training/coaching is aimed to inspire and coach participants to gain a level of self-awareness with the various areas of their life and then take steps to implement an effective goal and accountability process. The course can be run in the following formats: 1-2 Hours, Half Day, Full Day and Custom Program options are available. Call +61 481 307 778 or email office@breakthroughcorporatetraining.com.au for more information.

The Abundance Mindset Course - Beyond the Growth Mindset©

Would your leaders and team members benefit from a training that will shift their mindset?

Mindset is an integral aspect of personal well-being. People who believe their success is based on learning, work ethic, doggedness and training are said to have a Growth Mindset. Others believe their success is based on their innate skills and abilities and they are said to have a Fixed Mindset.

The Growth Mindset has been a fantastic model that has been used effectively in the corporate and education sectors for many years. Dr. Carol Dweck coined the terms 'fixed mindset' and 'growth mindset' over 30 years ago and through researching with students, she found keys for students to breakthrough underlying beliefs. We will review these keys and refresh your group with the Growth Mindset.



☑ 1-2 Hours | ☑ 1/2 Day | ☑ Full Day

In Part 1 of course, we will unpack the qualities of each of these mindsets with an aim of understanding. We will uncover ways that each participant approaches challenges, obstacles, effort, criticism, and the success of others. Participants will develop personal strategies that will empower them to reach higher levels of achievement. The Growth Mindset is incredibly useful in people's work life as it highlights the motivational aspects of accountability, higher purpose, gratitude, self-awareness and releasing judgement on oneself. This section of the workshop will help participants:

- Understand the qualities of the Growth Mindset and the Fixed Mindset.
- Learn to becoming more flexible and adaptable in thought and behaviour.
- Learn how to effectively shift from a Fixed Mindset to having a Growth Mindset.
- Implement the steps to Integrate the Growth Mindset into their workday.
- Learn the links between the Growth Mindset and personal well-being.



In Part 2 of this course will cover the Abundance Mindset. The Abundance Mindset is an expansion of the Growth Mindset, and it tackles the idea that we all have elements of a Scarcity Mindset that need to be replaced with elements of The Abundance Mindset. The 5 Powerful Keys to Create Your Abundance Mindset Course was created by Certified Professional Coach – Scott Epp in 2011 and he has led this course and implemented these keys with 1000s of people around the world. In 2016, Scott added 2 more keys and today these 7 Powerful Keys will unlock the riches of life and personal well-being for every participant.



By contrast, an Abundance Mindset always affirms the positive resources and possibilities. If we believe we are enough, that we can be successful, that we can learn and acquire all the skills we need, then this transforms our personal and professional life. This paradigm shift transforms people's lives. Abundance simply means "to have much of." It means "having a more than adequate quantity or supply." It is defined by having more than you could need. This section of the workshop will help participants:

- Uncover the areas where you have adopted a Scarcity Mindset.
- Remove the roadblocks of self-sabotage, imposter syndrome and limiting beliefs.
- Learn and implement the 7 Powerful Keys to Create Your Abundance Mindset.
- Write a personal Abundance Mindset Declaration.
- Encounter the power of the spoken word and activate the Abundance Mindset!
- Experience 'The Abundance Mindset Visualisation' and learn how to practise this visualisation in a 3-minute or 10-minute format on your own.



The overall training/coaching is aimed at activating the Growth Mindset and the Abundance Mindset with every team member. We will unpack the neuroscience behind our mindsets and thoughts and give you tools that will inspire you on your journey of personal well-being. This course can be run in the following formats: 1-2 Hours, Half Day, and Full Day. Call +61 481 307 778 or email office@breakthroughcorporatetraining.com.au for more information.

Becoming Your Authentic Amazing Best Self Course©

Would your leaders and team members benefit from unlocking the keys to becoming their best self?

Rene Descartes, Sigmund Freud, William James, Nathaniel Branden, Abraham Maslow, and Carl Rogers are prominent thinkers on the idea of 'Self.' These thinkers and other theorists agree that our idea of 'Self' is shaped throughout the lifespan of a person, and it is influenced by a multitude of factors such as biology and environment. When someone is congruent with who they are, they tend to thrive in life because they are on a pathway to becoming their authentic amazing, best Self. Let's dive into Self!



☑ 1-2 Hours | ☑ 1/2 Day | ☑ Full Day

This course will help participants become their Authentic Amazing Best Self. We explore how your strengths and weaknesses relate to your confident outlook. We explore how being aligned with your values and being authentic to who you are contributes to you being your best self. We will unpack our Breakthrough Corporate Training Proprietary Coaching Framework - The 10 Pillars of Self©. Growing in 'Self' has direct links to personal well-being. When people are their authentic amazing best, they believe in themselves, they tend to have more clarity, peace, objectivity, and courage which is valuable to any workplace culture.

Have you ever met someone in an organisation and been amazed at how much confidence and Self-identity they exuded? Did you walk away from them thinking, "Lucky them, they were probably born an extravert?" And have you also wondered, "Is it possible for me to train myself to be so that I can draw on that confidence and Self-identity when I really need it?" The answer is a resounding YES! You can grow and develop in your personal and professional life and live your life in a richer way.



Breakthrough Corporate Training has developed an insightful assessment called 'The Authentic Amazing Best Self Assessment©' that is included at no extra investment. Scott Epp is the designer of this course and he has 10,000+ hours of professional one-on-one Life/Executive Coaching experience. This course integrates elements of the psychology and neuroscience of Self-efficacy, Self-esteem, Self-confidence and more. The layout is particularly experiential with minimal teaching/training. Participants will learn the keys to growing in The 10 Pillars of Self© and this is best done through activating them and guiding them through the tools, training-room coaching and the process. Our practical and inspirational coaching approach will rapidly help your participants adopt the keys that are right for them to implement on their journey.



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

- Complete 'The Authentic Amazing Best Self Assessment©' – by Breakthrough Corporate Training
- Learn the reasons why people struggle with low Self-Esteem/Self-Worth.
- Understand how your strengths, weaknesses, beliefs, and values relate to your confident outlook and more.
- Unpack The 10 Pillars of Self©: 1) *Self-Awareness*, 2) *Self-Esteem*, 3) *Self-Worth*, 4) *Self-Identity*, 5) *Self-Image*, 6) *Self-Confidence*, 7) *Self-Love*, 8) *Self-Care*, 9) *Self-Efficacy* and 10) *Self-Actualisation*.
- Activate group activities and coaching that further facilitates understanding and growth with The 10 Pillars of Self©.
- Reduce negative Self-talk, reinforce positive thoughts, and have a strategy for dealing with negative comments.
- Understand the connection between The 10 Pillars of Self© and people's capacity to execute and perform.
- Develop a plan for growing and becoming your Authentic Amazing Best Self.

The overall training/coaching is aimed to engage participants through learning and experience as they unpack The 10 Pillars of Self© and become their authentic amazing, best Self. This course can be run in the following formats: 1-2 Hours, Half Day, and Full Day. Call +61 481 307 778 or email office@breakthroughcorporatetraining.com.au for more information.

The Ultimate Goals and Vision Workshop©

Would your leaders and team members benefit from having a fun and inspiring workshop where everyone created their own personal vision board?

If you want to have an ultimate year as an organisation or personally, then you need to focus and plan. Prepare to be inspired through our proven process that will help you create your plan and vision for your ultimate year based on YOUR personal and professional priorities. The intention of this workshop is to create awareness, plan for success, and take focused action.

Are you looking for a creative solution to clarify your organisational vision, mission, values, and goals? We can lead this workshop for leadership groups. This collaborative, engaging, creative and interactive workshop will be customised to your organisation/leadership needs. You will find that people love to ask their colleagues about their vision board, and this will bond the individuals and create healthy team morale. There is always a lot of joy and excitement when people share about their vision and their creative vision boards. This workshop is only available on-site. We could lead this workshop for your leadership team at your next retreat or off-site day and we could incorporate your organisational vision, priorities, and goals. This workshop is potentially the most creative, effective, and fun workshop you could ever attend.



Imagine how impactful it would be if your team members had clearly set goals and a vision board to achieve them! This engaging workshop will empower your participants with their goal setting, teamwork, and creativity. Initially, there will be a learning approach where all participants will learn about the 5 Pillars that we use to effectively set goals based on the right priorities. We also have a process that we teach for creating your Ultimate Year Vision Boards. Participants will have a workbook to complete their goals and priorities before they complete their vision board.

We have an enormous assortment of different types of supplies that we bring to the workshop. Our thousands of materials include cut out poster size bristle board, pictures, magazines, scrap booking borders, raised banners, double sided tape, markers, coloured paper and much more. Every person will receive an A2 size white piece of cardboard, scissors, glue, and access to all of the supplies. We do encourage people to bring their own personal photos if they desire.

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

- Discover your one commitment for the year.
- Uncover the personal and professional blocks and limiting beliefs that are holding you back.
- Get motivated with a higher level of resilience and mindset.
- Navigate through The Ultimate Vision Blueprint©.
- Mastermind in a creative and inspiring environment.
- Set your goals based on your ultimate life priorities and feel free and equipped to take on your ultimate action plan.
- The Ultimate Vision Board Activity© (This highly acclaimed activity is optional, and it requires 1 – 2 hours).

The overall training/coaching is aimed to help participants advance with their personal and professional vision and goals. There is an optional activity where participants can create their vision board with thousands of supplies that we provide. This workshop can be run in the following formats: 1-2 Hours, Half Day, Full Day and Custom Program options are available. Call +61 481 307 778 or email office@breakthroughcorporatetraining.com.au for more information.

The Epic Life Values Course©

Would your leaders and team members benefit from a well-being course that focuses on discovering their values and living aligned to their values?

When your team members know their values and they align to them, they will be more fulfilled in their personal life, and this has the potential for positive flow on benefits for your organisation.

We live in a world where it is easy to lose our path. Society often offers its own roads to happiness. Sailing through life without values is like taking to the ocean without a map, without a compass, and with a broken ships wheel. We are left to the mercy of the elements, the waves, the wind, so we will go wherever they take us. We can easily get lost in the vastness

of the ocean without something to guide us because we have nothing to help us steer our ship and plot our course. We don't have a destination, so we just float around. Even if we do have a destination, we can't reach it – we can't place it on the map we don't have, we can't head the right way without a compass, and we can't steer the ship closer without a ships wheel. In short, going out to sea without a map, compass, or ships wheel is an aimless idea.

Scott Epp is the creator of this course, The Epic Life Values Discovery©. He has 1000+ hours of one-on-one coaching experience helping his clients discover their Epic Life Values and use them to live a more aligned, happy, and authentic life. As pre-work, participants will get The Epic Life Values Discovery© so they can discover what their values are.

“Values are ideas or themes in your life that are important enough to you that they affect how you think, how you act, and how you feel. Values are intrinsically entwined to the depth of who you are, making you distinctly unique and special.”

– Scott Epp – Founder of the Epic Life Values Discovery© and The Epic Life Values Course©

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

- Complete The Epic Life Values Discovery© and find out what your Life Values are in the 4 Pillars of your Life.
- Learn how 'Values Conflicts' effect your relationships professionally and personally.
- Discover the 12 benefits to align with your values and how to maximise your life with them.
- Learning the process of using values to make decisions personally and professionally.
- Learn the process that will synchronise your Epic Life Values with your Organisation's Core Values.
- Use the Epic Life Values Action Plan and authentically integrate your values personally and professionally.

This course is fun, insightful, and interactive. Here is one of the activities that we can include in this course. The facilitator separates 'Epic Life Values Cards©' so that each participant has only a few values. The facilitator sets up scenarios where the participants must negotiate and trade Epic Life Values. There are specialty cards that can also be used. Participants will actively barter, trade, negotiate and use their specialty cards to end up with their own set of Epic Life Values. This activity is highly engaging, and it reveals what truly matters to each participant.



The overall training/coaching is aimed to create a genuine, lasting change that will result in a life that is aligned to what matters the most and this will inspire and empower participants to be their best possible self. We also aim to synchronise Epic Life Values with Organisational Core Values. This course can be run in the following formats: 1-2 Hours, Half Day and Full Day are available. Call +61 481 307 778 or email office@breakthroughcorporatetraining.com.au for more information.

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☑ 1-2 Hours | ☑ 1/2 Day | ☑ Full Day



The Why Worth Living Course©

Would your leaders and team members benefit from a well-being training to discover and live out their personal and professional purpose?

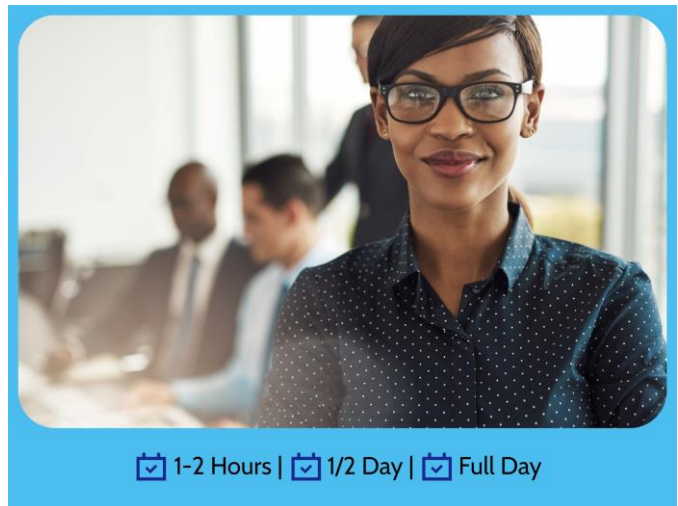
“Finding my unique self is the problem on which all our existence, peace and happiness depend.”
- Thomas Merton

What is your why? It is arguably the most important question to ask yourself and discover. Your ‘why’ is the deep purpose and meaning at the core of your life.

We need to have a vision of the future so compelling that we can see it even more than anything presently in front of us. If you don’t have a compelling WHY, you will be swayed by life’s distractions. Worse yet, you may get lost in life’s abyss of responding to everything around you. Life is too precious to let yourself simply exist – don’t trade your life in for less than you can be.

Often, we adopt this attitude that we are not enough. Thinking you don’t have enough, and you never will be enough, represents a scarcity mindset. If you continue to think in this way, you’ll have to battle your way through each day. Its hand-to-hand combat with life and it’s awfully tiring in the long run. This course will help you find your Why personally and professional and link them both together.

Finding and living a life of purpose and meaning is an essential part of having optimal personal well-being. Our purpose flows through all the different aspects of our lives, from our workplace to our relationships. Organisations who invest in their teams through holistic trainings, like this, will find that their team members will become more satisfied with their life, personally and professionally.



📅 1-2 Hours | 📅 1/2 Day | 📅 Full Day



So how does it work. Knowing your ‘Why’ can be overwhelming so we start by finding out the ‘Essence of our Why©’. This course is founded on principles that have propelled hundreds of people to find and live their Why. We help people find their ‘Personal ‘Why’ and their ‘Professional Why’ that is aligned to your organisation’s purpose and values. This course was developed by Scott Epp in 2010 and since then Scott and Greg Beech have refined the processes.



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

- Create a Life Development Timeline© where you highlight key life shaping events.
- Pinpoint and build your strengths and character.
- Identify the essence of your WHY and your deep motivations.
- Uncover the link between your Epic Life Values and your Why in Your 5 Pillars of Life.
- Use the WHY Worth Living Process as you find your ‘Why’ and align your work life and personal life to live your ‘Why’ in a way that works for you and other’s that are around you.
- Learn strategies to set goals that support your ‘Why’ and navigate adjustments and changes along the journey.
- Setup your S.E.A.L.L. Team© that will support you personally and professionally.



The overall training/coaching is aimed to help participants find personal and professional purpose so that they can benefit from living a happier, healthier, holistic, and authentic life. This course can be run in the following formats: 1-2 Hours, Half Day, and Full Day are available. Call +61 481 307 778 or email office@breakthroughcorporatetraining.com.au for more information.

The Underlying Beliefs Breakthrough Course©

Would your leaders and team members benefit from a training to breakthrough the limiting stories and beliefs that are preventing them from excelling in their workplace role and life?

We all pick up beliefs and limiting stories that overflow into all the facets of our lives. Underlying Automatic Beliefs and Commitments (UABC's) are the beliefs individuals have about themselves, the world, their circumstances, and other people which lead them into repeating situations they don't want to have in their lives. Even though this effects individuals, the overflow also drifts into the workplace which can result in diminished morale, absenteeism, presenteeism, mental health challenges, conflict, and more.



☑ 1-2 Hours | ☑ 1/2 Day | ☑ Full Day

This course offers your team members the tools and coaching support that will help them breakthrough their Underlying Automatic Beliefs and Commitments (UABC's). This course will add tangible benefits to your workplace with team member morale, confidence, and intrinsic motivation.

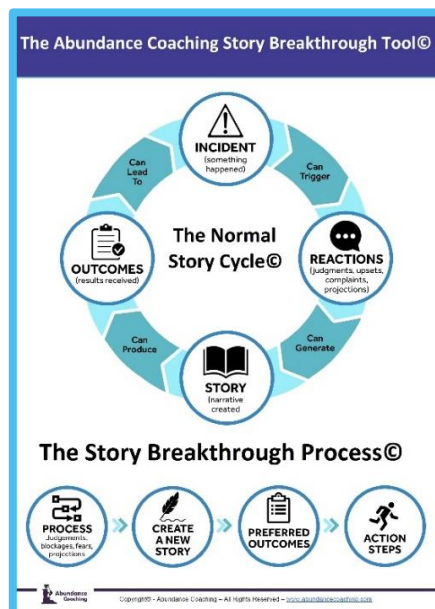
These decisions are not conscious and usually are associated with childhood development. UABCs are usually unconscious, so they lurk at the bottom of an individual's consciousness. These beliefs can significantly determine the outcomes of an individual's decisions and lives, leading people into the same traps repeatedly.



These beliefs can exist at a deep level in our minds and can counteract those decisions we make on a more conscious level. They can also contribute to other ideas that people have and that they use as guides for their decisions. For example, a person that has a UABC of being undeserving of love may have other beliefs closer to consciousness: I have to please people; I need to always be nice, or people will leave me; and so on. This creates a specific belief system based on dysfunctional UABC's.



Our skilled trainers have 10,000+ hours each of one-on-one Life/Executive Coaching - much of which on the topic of beliefs. This course will combine instructional teaching and application. We will guide participants through The Abundance Coaching Story Breakthrough Tool© individually and with their peers. We will also unpack additional tools that rapidly aim to help people breakthrough with their limiting beliefs and replace them with empowering beliefs, build up resilience and more.



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

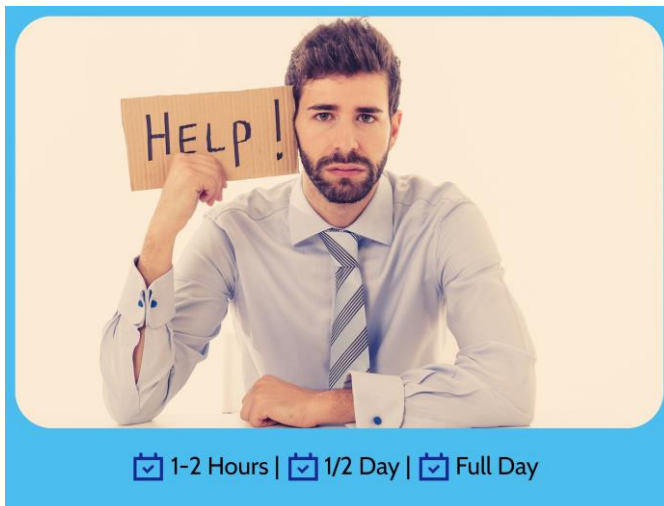
- Understand the Underlying Automatic Beliefs and Commitments.
- Recognise links between your beliefs and your resilience and learn how to build up your 6 domains of resilience.
- Teach simple and effective strategies to prevent self-sabotage.
- Learn 3 effective self-coaching processes that lead to uncovering and breaking through Underlying Automatic Beliefs and Commitments.
- Learn and apply the Abundance Coaching Story Breakthrough Tool©.
- Reduce limiting beliefs and replace them with empowering beliefs.
- Learn and apply problem solving and decision-making principles.

The overall training/coaching is aimed to help participants understand how their beliefs relate with their personal well-being. This course will help participants to breakthrough their limiting beliefs and commitments that prevent them from having the personal and corporate well-being that they desire. This course can be run in the following formats: 1-2 Hours, Half Day, and Full Day options are available. Call +61 481 307 778 or email office@breakthroughcorporatetraining.com.au for more information.

The Positive Approach to Mental and Emotional Well-being at Work Course©

Would your leaders and team members benefit from a practical course that offers positive approaches to mental and emotional well-being?

Well-being and mental health are basic elements of our overall health, productivity, and ability to cope with the obstacles that we face. It's essential that we know how to maintain ourselves in an optimal state, prevent mental illness, and improve our quality of life by focusing on the emotional and psychological aspects of ourselves. We spend a big chunk of our lives at work, and the reality is that our workplaces are often not optimized for our well-being and happiness. A company is only as successful as each of its employees, so focusing on enhancing well-being can also lead to significant gains in productivity, creativity, innovation, the formation of stronger ties, and more.



This course has a clear goal - improving your well-being and the well-being of your employees to achieve a win-win scenario. In the *Positive Approach to Mental Health and Emotional Well-being at Work Course – Part 1* is an introduction to well-being and mental health. We will examine the theory behind concepts like mental health, emotional well-being, stress, and more. We will understand what has an impact on these aspects and what matters in the workplace.

Part 1 of this Breakthrough Corporate Training proprietary course will include the following outcomes for your team:

- The impact of mental and emotional wellbeing in the workplace.
- Assessing personal well-being and mental health.
- Unpacking the importance of resilience.
- How to take care of your well-being.
- How to distinguish a toxic environment from a healthy one at work.
- What are the signs of danger, stress, burnout, and mental illness?
- What to focus on to improve your workplace from a psychological perspective.
- Why companies should focus on supporting their team members with their mental and emotional well-being.



In the *Positive Approach to Mental and Emotional Well-being in the Workplace Course© - Part 2*, we will dive deeper into the practical side of things and consider specific tools and strategies that you can start using immediately.

Part 2 of this Breakthrough Corporate Training proprietary course will include the following outcomes for your team:

- Implement organisational change for increased well-being.
- Take care of your own well-being at work using evidence-based strategies.
- Plan for cultural and organisational change.
- Construct effective team building activities.
- Support your employees and enhance their well-being.
- Avoid common pitfalls to implement workplace wellness interventions.
- Make small but effective changes in your daily routine to enhance your well-being at work.



This course is designed by Scott Epp. Scott has a Certificate IV in Mental Health, and he is a Certified Resilience Coach, and a Certified Professional Coach with over 10,000 hours of Life/Executive Coaching.

Note - Part 1 and Part 2 of this course are entry level and are not a replacement to Mental Health First Aid Australia Courses. Research 'Mental Health First Aid Australia' and 'Mental Health First Aid Officers.' You may also be interested in our Course - The Breakthrough Resilience and Well-being Course© and the Resilience First Aid Certification.

The overall training/coaching is aimed to help participants to be refreshed with a helpful overview of mental and emotional well-being and applying positive strategies at work. This course can be run in the following formats: 1-2 Hours, Half Day and Full Day are available. Call +61 481 307 778 or email office@breakthroughcorporatetraining.com.au for more information.

The Epic Journey of Life Course©

Would your leaders and team members benefit from an adventurous and engaging personal development workshop?

This course blends creativity, dramatic visuals, music, engaging group activities, and pragmatic strategy. The learning is multiplied as each participant will be activated with individual and group activities through the workshop. Using the Epic Journey of Life maps and group activities participants embark on their journey to the Empowerlands.

Scott Epp and Greg Beech have developed and enhanced this course since 2014. This dynamic workshop encompasses a colour workbook with graphics, maps and tools that will lead you through a step-by-step process as you have heroic actions to complete, values to discover, strengths to uncover, fears to breakthrough and a life plan to create. Participants will enjoy a unique collision of pragmatism, innovation, and creativity.



1/2 Day | Full Day | Custom Program

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

- Gain clarity with the most important priorities and create a road map for accomplishing what matters most.
- Navigate through the stages of Their Epic Journey to the Empowerlands.
- Foster a sense of personal integration and fulfilment that overflows into career development and productivity.
- Create an inspiring life plan and strategies to finish with few or no regrets.



The two parts lead participants to create an inspiring road map for their future.

Part One: The Hero's Epic Journey Begins

- What are we certain/uncertain about? (Uncertainty is the necessary hallmark of innovation).
- Participants gain personal and professional clarity and self-awareness. What are the winds of change that are blowing? What are the dragons, giants, and trolls that we need to be aware of on our epic journey to abundance?
- Envisioning the future personally and professionally and seeing the possibilities and pitfalls along the way.
- The character strengths and values necessary for the epic journey ahead.
- Soul healing – dealing with the personal issues that may hold us back.
- Skills (how to innovate, how to transition, outlining our strategy).
- Leaving the Land of Slumber and building The Hero's Envisioning Skills.
- Navigating through "Familiar Forest", "Lake Average", "Mediocre Mountain", "One Day Bog", "Settling for Falls", "If Only Hills", "Procrastination Fields", "Town of Tiredness" and "City of Surviving" on the journey.

Part Two: The Hero's Transformation on Their Epic Journey

- Going through the Hero's Reforming Zone and facing the dragons and giants that could lead to failures and setbacks.
- Navigating internal and external change – while innovating on the journey.
- Define strategies and embrace new learnings.
- Overcome the dragon that hoarded over the abundance that they envisioned.
- A new day awaits, and the discovery, that the journey must continue, innovation must increase, new strategies must be designed, and a new future envisaged. This is just the beginning.



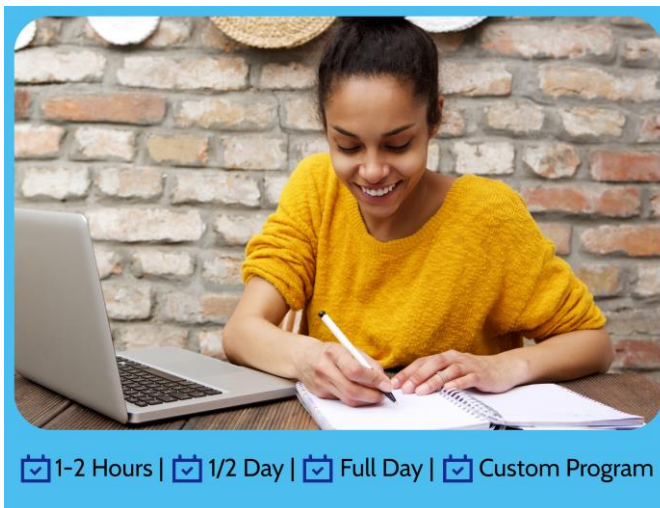
The overall training/coaching is aimed to help participants embark on a hero's journey coaching process. Participants will uncover their strengths, values, purpose, build their life plan and breakthrough fears in this experiential one-of-a-kind course. This course can be run in the following formats: Half Day, Full Day and Custom Program options are available. Call +61 481 307 778 or email office@breakthroughcorporatetraining.com.au for more information.

The Effective Self-Coaching in the Workplace Course©

Would your workplace benefit from developing a culture where people are applying effective self-coaching skills?

Foundational coaching skills are pillars for successful communication, team health, empathy, motivation, collaboration, spirit, and effectiveness. Having self governance and responsibility to coach oneself is now being highlighted through 'Atomic Habits' by James Clear and others.

This course is like no-other as the focus is on helping individuals to coach themselves resulting in enhanced personal and workplace well-being. Self-coaching has tremendous effects on a person's mental, emotional, rational, and truth-based thoughts. The process for this course is to introduce relevant coaching tools and strategies that individuals can implement themselves. Often the self-coaching shifts can take place in a matter of minutes.



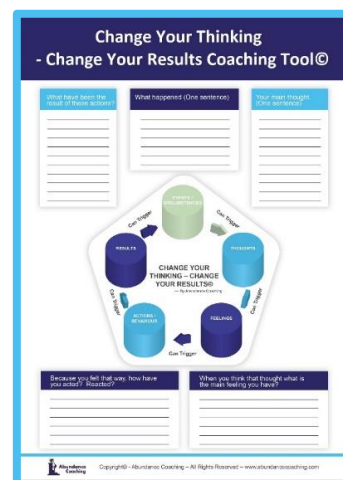
📅 1-2 Hours | 📅 1/2 Day | 📅 Full Day | 📅 Custom Program

Scott Epp and Greg Beech each have over 10,000 hours of one-on-one professional coaching and mentoring experience. Scott is also a Co-founder of Abundance Coaching. Scott and Greg have created dozens of self-coaching tools and techniques and they practise them in their own lives. This sets them apart as industry leaders in developing and teaching individuals and teams effective self-coaching skills.



In this course we will have several Self-Coaching Tools that we can train your team members to effectively implement. Each of these tools can be taught and applied within a 30-minute session so, depending on the workshop timing we will collaborate with Team Leaders and Stakeholders to select Self-Coaching Tools for this workshop. We shape the sessions and include the most beneficial tools and training that will lead you to become skilled and effective at Self-Coaching. This course will comprise of workshop style presentations, group discussions, coaching activation, and personal problem solving/personal teaching applications. We will give each participant a digital workbook with all these coaching tools so that they can use them anytime. Note, that we can also offer this course over 1 or 2 Days, and we also offer a course that helps people coach other people (See our CLASS – Keys to Effective Coaching Course©). Some of our Self-Coaching Tools that we could teach include:

- Visualisations that unlock anxiety, stress, doubts, and self-belief.
- Abundance Coaching Change Your Thinking - Change Your Results Coaching Tool©.
- Abundance Coaching Positive Life Declarations Tool©.
- Abundance Coaching Challenging Your Negative Thoughts Coaching Tool©.
- Abundance Coaching Making Choices and Sustaining Change Tool©.
- Abundance Coaching Rapid Decision-Making Coaching Tool©.
- Abundance Coaching Limiting Beliefs vs Empowering Beliefs Coaching Tool©.
- Abundance Coaching Comfort Zone Breakthrough Tool©.
- Abundance Coaching Navigating Change Tool©.
- Abundance Coaching Problem-Solving Tool©.
- Abundance Coaching Rapid Results Tool©.
- Abundance Coaching Unconditional Positive Regard for Self - Tool©.
- Abundance Coaching Self-Care and Daily Ritual Tool©.
- Abundance Coaching 'I' Statements Coaching Tool©.
- Abundance Coaching SPEEDUP Goals Tool©.



The overall training/coaching is aimed to help participants learn how to coach themselves effectively and rapidly. This course can be run in the following formats: 1-2 Hours, Half Day, Full Day, and Custom Program options are available. Call +61 481 307 778 or email office@breakthroughcorporatetraining.com.au f-or more information.

The Synergizing Strengths Course©

Would your leaders and team members benefit from a well-being training that helped them synergize their strengths?

“There is a 1.9 times increased likelihood of having above-median financial performance when the top team is working together toward a common vision.” – Scott Keller and Mary Meaney, *Leading Organization: Ten Timeless Truths*, New York, NY: Bloomsbury, 2017.

In today’s interdependent, matrix, and dynamic workspaces, the need for teams to work smoothly is critical. However, the realities of competition, ego, personal agendas, and fast changing teams makes for some interesting challenges that teams and leaders face today in getting everyone to rally around a common goal. Significant barriers to team growth can be people’s resistance and fear. When it comes to organisational culture, it is essential that teams are synergised together, especially in times of significant change. Breakthrough Corporate Training has strategically partnered with TransforMe Learning, to offer the Synergizing Strengths Course©. This course/intervention has a proven track record of getting transformed results with leaders and teams in dozens of multi-national organisations. Here are some of the outcomes you and your team can expect from this course:



Full Day | Custom Program

- Breakthrough relational and organisational barriers that are hurting your team.
- Create a space for powerful conversations to happen with team members.
- Get tangible results, insight, inspiration, and return on your investment.
- Improve the engagement results of your team.
- Synergize the strengths of your team.
- Enhance vulnerability and empathy-based conversations.



The leadership team of a French energy company was not aligned for a critical expansion, so each department was taking counterproductive and contradictory actions. At the end of the course, they shared this success story: *“The session unfolded very powerfully in breaking barriers, encouraging empathy-based conversations, and forging a way ahead for building deeper, stronger relationships. We are going back as a more understood, empathetic team with potential to sustain our levels of trust and collaboration.”*



This course has a proven process and methodology that gets teams to connect, converge, and conquer. The coaching process acts as a catalyst to team synergy, creating a safe space for people to connect on a deep level. From their authentic dialogues and facilitated experiments, they can build trust, understanding, and positive intent. The team successfully sets norms and holds each other accountable to higher standards. This course is very experiential with minimal training/teaching. The Synergizing Strengths intervention follows a 4-step approach to enable teams to Catalyse, Converge, and Conquer.

Step 1 – Diagnostics – This includes meetings and interviews with the participants and key sponsor/leader.

Step 2 – The Team-based Assessment for Leaders, Managers and Team Members (by The Table Group) - to assess the metrics of your team’s health. This team assessment serves as a strong evaluation, with tangible individual and team metrics.

Step 3 – The Synergizing Strengths Lab – This is a 1–2-day classroom lab-based session led by industry leading and award-winning methodologies that TransforMe facilitators have mastery over. At the end of the workshop, the group walks away with a clear and implementable plan to truly synergize their strengths!

Step 4 – Implementation - We recommend coaching to implement what’s been learned and gain maximum leverage after the intervention. We will discuss the coaching options with your leaders.

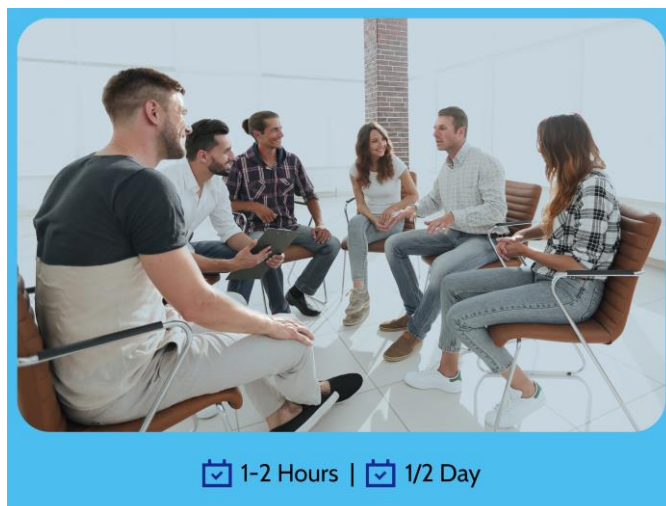
The overall training/coaching is aimed to help participants connect on a deep level and synergize strengths with team members through our coaching approach. This course can be run in the following formats: Full Day and Custom Program options are available. Call +61 481 307 778 or email office@breakthroughcorporatetraining.com.au for more information.

The Breakthrough Corporate Wellness Course©

Would your leaders and team members benefit from having a refresher training on wellness?

Wellness is your ability to feel emotionally, physically, and mentally content – it is your ability to not only be physically healthier but also to feel as though life is going your way, without allowing setbacks and other issues to prevent you from experiencing fulfilment.

Employee wellness is one of the keys to employee retention and performance. People that commit themselves to wellness are healthier, more satisfied, and more energised. Wellness should be a priority for any working professional and their leaders. Luke Ashcroft will teach you and your staff how to move, eat, and think for improved wellness.

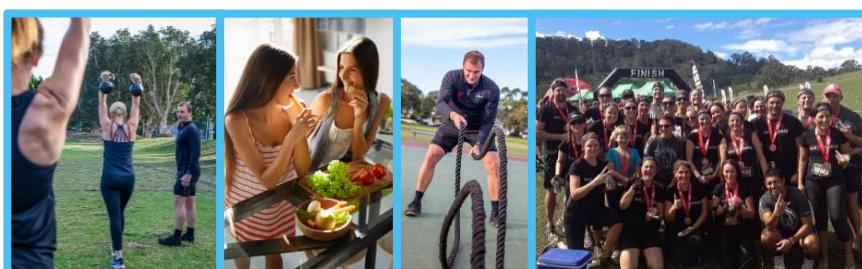


Our Breakthrough Corporate Wellness Course© has the potential to reduce your employee sick days, improve performance, create better employee loyalty and satisfaction. This ultimately helps improve employee performance through improved physical and mental health. Help your leaders and teams to breakthrough with their wellness so that they can achieve their personal and professional potential!

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

- **Improved Physical Health:** Failing to take care of one’s health can have personal and professional consequences. Companies lose money each year as a result of illness, and many illnesses are preventable with better self-care. Those that engage in wellness programs become more energetic, sharp, and productive, because their body is healthier as a result of better eating habits, fewer destructive habits, and regular, consistent exercise.
- **The Wellness Mindset:** Wellness is also about contentment. On a basic level, happy employees that feel fulfilled are going to be more engaged and more loyal to your company. The wellness mindset teaches each individual how to live according to the tenants of wellness.
- **Better Holistic Wellbeing:** When the mind, body, and soul are all experiencing greater “health” and fulfilment, we are “improved” as a person and as an employee – one that works harder, collaborates more energetically, and is able to improve their productivity. According to recent reports, 40% of Aussies have a “poor work/life balance”. With our holistic wellness trainings, employees receive clarity about where they are, who they are, and how they can get to where they need to be. Our goal is to help your team members achieve holistic wellbeing and balance.
- **Discovering Your Wellness Path:** A key aspect of wellness is helping people discover their wellness goals and their own path. Setting a wellness goal starts people on a journey, and through the breakthrough process they will learn to make life more epic.

This course is run by Luke Ashcroft. Along with Corporate Training, Luke has 25 years of experience as a holistic lifestyle coach and personal trainer for executives, celebrities, leaders, and people that are ready to make a change. He will deliver this course as a stand-alone course, or it can be combined with other training offerings. The half day format can include a 1-hour personal training session. At the end of the course all participants would have developed a personal wellness action plan and experienced practical learning in exercise, nutrition, and mental fitness.



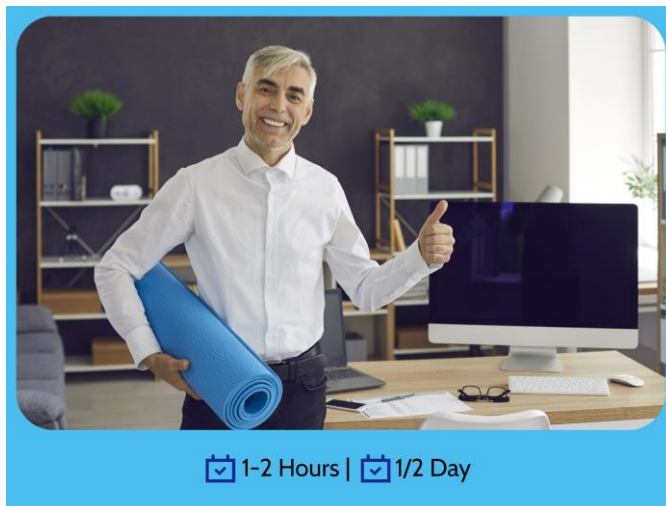
The overall training/coaching is aimed to help participants to be inspired and strengthened with practical and tangible strategies to improve their personal wellness. This course can be run in the following formats: 1-2 Hours, Half Day and Full Day are available. Call +61 481 307 778 or email office@breakthroughcorporatetraining.com.au for more information.

The Content and Balanced Lifestyle Course©

Would your leaders and team members benefit from a training on contentment and work/life/balance?

When we are happy, healthy, and connected we do everything better. It is essential that team members have personal well-being. Otherwise, team members could become more anxious and stressed which could lead to absenteeism, presenteeism, lacking productivity, mental health challenges and more.

No matter your circumstances, whether you are an employee, leader, parent, professor, or student, we all need to find what works best for us and our long-term needs. Neuroscience tells us that people who are proactive with their personal well-being are also more content in their life. So, what does it take to create a life that offers you happiness, health, and connection?



📅 1-2 Hours | 📅 1/2 Day



This workshop was developed by Nathan Martin. Nathan lived a busy lifestyle in the fitness industry and was a Personal Trainer to top tennis players including Lleyton Hewitt. He had created a thriving fitness business, travelled around the world, and was sought after in his area of expertise. Then a few years ago, Nathan moved his family from everything he had known and loved. Everyone



asked “Why.” What he realised was that everything he was creating was going to take him away from what he really wanted – A balanced lifestyle, a life where he was truly connected. He decided and found a way to have the lifestyle he had always dreamt of. Surfing, eating well, daily runs, connecting with friends and spending quality time with family are all part of Nathan’s leisure and health. Now he continues to work as a trainer and coach, and he wants to share his secrets to having contentment and a balanced lifestyle.

In this training you will learn simple tools and proven strategies that you can easily use to develop lifestyle goals that work for you and will help you become better at everything you do. When we have a content and balanced life everything flows better, we have more energy and purpose. A balanced lifestyle will help you with your clarity, mindfulness, and performance when you are at work.

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

- Unpack what your ideal lifestyle looks like and work out how you want to truly live.
- Create the lifestyle that you want with simple and effective tools you can put into action straight away.
- Learn how to keep your work/lifestyle balance on track and discover tips to maintain your balanced lifestyle.
- Redefining your paradigms of leisure and health.
- Connect better with yourself and others.
- Integrate powerful and simple breathing and meditation techniques that keep you performing and motivated during your workday (especially if you work from home).
- Learn how to have focus and productivity when you are at work.



The overall training/coaching is aimed at helping people live a balanced lifestyle while giving participants options to live with more overall purpose, motivation, and productivity. This course can be run in the following formats: 1-2 Hours or Half Day options are available. Call +61 481 307 778 or email office@breakthroughcorporatetraining.com.au for more information.

The Self-Care and Coping Options That Transform Course©

Would your leaders and team members benefit from a well-being training that offered them awareness and proactive solutions to take care of themselves?

Our mental and emotional well-being are essential for doing well at work, in our relationships, creatively, and in all other areas of our life. To maintain this well-being, we need to develop two types of skills:

- Coping - managing the stressful and difficult situations when they appear.
- Self-care - maintaining our well-being through routines and habits that make us feel better and live healthier.



☑ 1-2 Hours | ☑ 1/2 Day

These skills will help you deal with stressful and upsetting situations in a way that works for you and leads to the best outcomes. By mastering these skills, you can achieve the following:

- Take care of your well-being.
- Prevent burnout and exhaustion, as well as associated physical and mental health issues.
- Make better decisions under pressure and stress.
- Reduce the negative impact that stress can have on your body and mind.
- Improve your relationship with yourself and others.
- Have a toolbox of solutions for dealing with difficult situations of any degree of severity, from daily annoyances to serious issues.
- Boost your resilience.



In this course you will learn all about coping and self-care skills and figure out a plan that works for you. You will learn the life hacks to navigate the hybrid model of working from home and the workplace. You will learn keys to integrate your personal strengths and apply them in the workplace. You will receive a clear understanding of how you can cope with stressful situations and a wide array of strategies that can be adapted for your situation. You will also create your own routine for self-care and consider the habits that will work the best for you. The course includes simple tools for taking care of yourself on the long-term and developing strong habits that will help you become more resilient.

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

- Understand the theory behind self-care and coping skills.
- Assess and evaluate your own existing habits and strategies.
- Distinguish between healthy and unhealthy skills.
- Build new and healthier habits.
- Discover practical strategies for managing your emotions.
- Acquire a variety of strategies for any situation and set of circumstances.
- Develop new routines and plans for taking better care of yourself.



The overall training/coaching is aimed to help participants gain a foundation for taking good care of themselves and constructing a set of tools, routine, and plans. The strategies taught intend to reduce and prevent anxiety, depression, and other mental health challenges. This course can be run in the following formats: 1-2 Hours and Half Day are available. Call +61 481 307 778 or email office@breakthroughcorporatetraining.com.au for more information.

Customised Team Building Activities

Would your leaders and team members benefit from a fun and engaging team building experience?



We instil our company values of *Engagement*, *Breakthrough*, and *Passion* into every team-building experience. We can add one of our team building activities with an existing course/workshop/program. When we design our Team Building Experiences we meet with your leaders and discuss/tailor the best options. Here are some of our Team Building Activities.

The Ultimate Vision Board Activity© - Be inspired by our proven process that helps you create your vision board and plan your ultimate year based on YOUR personal and professional priorities. We have thousands of vision board materials including borders, stickers, coloured paper, and stunning pictures to inspire you as you create your Ultimate Vision Board.

The Ultimate Egg Drop Challenge© - This activity brings out immense creativity, teamwork, strategy, resourcefulness, and engineering to complete. Each team will receive a mystery box of goodies and instructions to build a contraption that protects an egg from a drop from the top of a ladder, or from a ledge or balcony at a pre-determined location at the venue. This contraption will need to meet very specific requirements that our team will outline. Each group will have a box of supplies and a set amount of 'Breakthrough Bucks' to use to buy additional materials and tools to build their egg-saving contraption. The remaining 'Breakthrough Bucks' result in the profit that they make from building their egg-saving contraption. The joy and positive outcomes enrich team morale and foster greater respect and collaboration with their team members. Each team will get to present their egg-saving contraptions we will discover which eggs have survived.

The Ultimate Team Challenge - In this Challenge evenly split groups will have a check list and 10 Stations that they will need to complete in a timed race. Some stations will have problem-solving objectives, some will be skill based and others will require for the team to use their communication and collaboration skills. We will set up these stations at various points in the conference room and/or outdoors as permitted (and depending on the weather.) Each station will be organised with unique instructions and there will be a grace time limit if groups get stuck at a station. Here is a summary of the 10 Stations:

1. **Back-to-Back Charades.** One person in the group will sit down on a chair and have a piece of paper taped to their back. All the team participates and the person sitting on the chair needs to guess the correct shape/image.
2. **The Trusted Blindfold.** Some team members are blind folded, and others will be their verbal guides. The team members that are blind folded will receive verbal directions to spell 'TRUST' as they hold strings with markers.
3. **The Carnival Game Ring Toss.** The game we all know from Carnivals is back. Each group must work together as each member takes a turn and tosses rings to score a set number of points.
4. **The Pyramid of Plastic Cups.** Group Team must use all the given plastic cups to build a pyramid. Then they must use a surprise elastic contraption to build another Plastic Cup Pyramid.
5. **Ping Pong Ball Luge.** In this challenge participants have various shaped pipes, and they must collaborate with each other to move a ping pong ball from one point to another. If the ping pong ball falls you must start again.
6. **Marshmallow Skewer Tower.** Using just these resources for each table each team must assemble a tower that reaches a certain height. There is a time limit and the tallest tower wins.
7. **The Great Indian Rope Trick.** Teams must un-entangle a long piece of rope that is laid down on the ground in a strategic way by facilitators. Teams will then make a perfect square with the rope!
8. **The Lilly Pad Challenge.** The Group will have a set of Lilly pads that will be their safety. The group will need to collaborate with each other to leap from lily pad to lily pad and get to the other side of the pond.
9. **The Toilet Paper Toss.** Each member of the team will have to take turns and they need to successfully toss a pack of 24 toilet paper rolls into the toilet. The catch is that each successful throw requires a new throwing position.
10. **Mystery Activity.** The 10th activity is a mystery activity – and may play as a final decider.

The Epic Life Values Activity© - In this activity our team will set up fun criteria for participants to network with each other and exchange Epic Life Values Cards. Each of these cards. In this proprietary game participants get a set of initial values cards. Then they use their negotiation and problem-solving skills to trade values cards with other people until they are left with the values that matter the most to them. Finding values that align becomes more of an adventure than you thought.

The Amazing Strengths Builder Experience - This activity starts with a short teaching and questionnaire which will help participants discover their VIA Character Strengths. In this activity participants will be given VIA Character Strengths cards that represent their top strengths. Participants will network with other participants as they unpack insights and draw out humorous, encouraging, and life-giving insights.

The Lego Builders Team Challenge - In this team building activity, each team will have a Lego set to build. Participants in each group will have designated roles. *The Builders* cannot verbally communicate, and they are the only role that can build the LEGO. *The Lookers* are the only role that can look at the instructions and packaging and find pieces. *The Runners* are the middle people between the Looker and the Builder. *The Marketers* can communicate, and they will have a 'surprise role' that will be revealed midway through the challenge. There are additional stages that could be added time permitting.

The Ultimate Spaghetti Bridge Challenge© – The Ultimate Spaghetti Bridge Challenge© requires immense creativity, teamwork, 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 Optional Board Breaking and/or Firewalking

Do you want a team bonding workshop with an option for team members to participate in a board breakthrough or firewalk?



The Fear Breakthrough Workshop with Optional Board Breaking and/or Firewalking will help your team breakthrough their fears and envision their desired future. 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 there 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. The Board Breaking and Firewalking activities are led by Luke Ashcroft. Luke has been trained to safely run firewalking activities and has led them with groups and celebrities since 2007. The Workshop could be led in 1-2 hours and up to a Half-day. Call us and we can discuss preparations and procedures.

Our Fear Breakthrough Process© identifying negative patterns of self-talk and uncovering limiting stories and where they come from. The Fear Breakthrough Workshop with optional board breaking and firewalking has the following benefits:

- Be Empowered through the Fear Breakthrough Process© - Identify and articulate limiting beliefs, learn how to look beyond what is considered possible and learn practical ways to break through fear and limiting beliefs.
- Harness the power of the team to build strength and belief.
- Optionally Luke Ashcroft can lead a board breaking activity and/or firewalking activity at the end of the workshop. The board breaking aspect of the workshop will become a metaphor for positive change. Participation in board breaking, and firewalking is voluntary and can cause serious injury. Participants will be informed on the dangers and will sit through a mandatory safety talk from Luke Ashcroft. Participants need to sign a waiver.

Custom Team Retreats

Do you want to get ultimate success and breakthrough with your team by taking them away on a corporate team retreat?



We offer corporate retreats on a large variety of topics. Corporate retreats can be led with leadership groups or with an entire team. We could come in to deliver a half-day or full-day training with fun and interactive sessions from any of our courses such as the Life Languages™ Communication Breakthrough course. We could run sessions on discovering your individual or company values, vision, and purpose. We can facilitate sessions where we develop your strengths with communication, leadership, conflict resolution, rapport building, sales, or more. We could run sessions on building healthy and cohesive teams. We can integrate one or more of our proprietary team building activities. We work with your stakeholders to customise the training and team building agenda. Your custom team retreats have the following benefits:

- Nurture closeness and bonds among team members.
- Facilitate amazing communication breakthrough with team members.
- Build up skills and effectively perform as a team.
- Increase team morale and joy.
- Express gratitude and appreciation for your team members.

Professional On-site and/or On-line Coaching

Are you looking for Professional Coaching for your Leaders or Team Members?



One-On-One Coaching with your Leaders and Team Members

On-site at your Sydney Location or On-line via Zoom.us or MS Teams

Numerous studies have shown the benefits that coaching has on ROI. That is why at Breakthrough Corporate Training we offer workplace/executive coaching. We work directly with executives, management and middle management, and your employees. Our focus is to co-create the right Coaching Success Plan that will get you and your team accelerated results. Scott Epp and Greg Beech are both Professional Coaches with prestigious Certifications from The International Coach Academy (Scott) and Life Forming Leadership Coaching (Greg). Scott and Greg Each have 10,000+ hours of One-On-One Personal Coaching Experience. We can provide specific coaching as an add-on from one of our Course/Workshops such as specific Communication Coaching with individual's Kendall Life Languages™ Profile or preparing for a presentation. Professional Coaching with your leaders and team members have the following benefits:

- Empower your Team Members and provide support and accountability.
- Coaching on individual profiles/assessments that are integrated with our group training.
- Inspire and draw the best out of each of your employees.

Some of our Corporate Success Stories

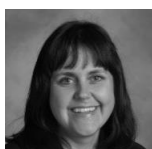


"Scott conducted Life Languages Training for my team a few months ago. The insights that we gained about how best to communicate with each other have been priceless. For me personally, I have made changes to how I present information to my Management Team based on their individual communication preference, with amazing results! I can highly recommend this training."

- Diana Lang – CEO – The Youth Partnership

"People were very open with Scott and the workshop. There was a lot of trust and people were prepared to share a lot about themselves and the issues that they are going through. The workshop and the tools provided helped our people gain the tools that they need to become happier and more productive..."

- Scott Hawkins – Director, Aboriginal Services at Legal Aid NSW



"Thank you Scott for your fantastic presentation at the Scotiabank Managers Conference. You made us laugh and you inspired us to get unstuck in life. Your values exercise was a great success and everyone had insights into what mattered the most to them. Your line 'I am amazing!' has caught on and everyone in the office is using it."

- Joanne Fisher – Scotiabank Small Business Development Manager

"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

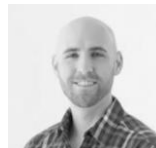


"This training was excellent! Every 'module' carried amazing insights, was practical, helpful and made an immediate change to the way we do business. Scott and Nicole are soooooo incredibly good at coaching and training. We have enjoyed and appreciated every one-on-one session and the full day seminars. The content is straightforward, easy to implement, engaging and entertaining."

- Jason Blaiklock – Director at Australian Opal Cutters

"Everything that we did together was so accurate and right away as Scott and Nicole described the different Life Languages... 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 you both do it and you both have such a high level of mastery and understanding of it that when you share it and communicate it you are able to make it so relatable."

- Stefan James – Internet Entrepreneur and Founder of Project Life Mastery



"Scott and Greg presented a well-planned and organised team workshop that incorporated Team Building & Leadership. It was engaging, motivating & hands on. Highly recommended! Very happy with the training you created for us. It had paid off wonderfully with amazing feedback from our employees. Your effort & flexibility is greatly appreciated."

- Hina Kapoor – Human Resource Manager at CDS Australia

"Scott led keynote talks in 10 cities around Australia to our Insurance brokers and teams and we are really happy with how he presented. He is an inspiring speaker and an effective communicator. He demonstrated his communication and engagement skills as he delivered his talks on authentically building rapport and trust..."

- Glenn Schultz – General Manager at Austbrokers IBNA Member Services Pty Ltd



"Learning about Life Languages™ has been fantastic because you get a feeling for who you are, who your partner and other people are get to know how to relate to them. This training and approach is a terrific way to learn how other people relate to you, how you stand in the world and it gives you confidence in who you are. This workshop by Scott and Nicole Epp has been extremely rewarding as it's shown me the Life Languages™ that I can improve in and build up. This workshop is a terrific experience and I recommend it highly."

- Bill Ashcroft – Professor at University of New South Wales

"Greg has blessed me immensely and Scott has been such an encouragement. I have taken many of Scott, Nicole, Luke and Greg's courses and this has been another rewarding experience. They always bring a high level of knowledge, wisdom and insight and their approach is engaging and dynamic with how they use media, tell stories and lead us through the sessions. Today has been another one of those experiences where you feel inspired to think about where you're at and where you want to be..."

- Bruce Hanke – Senior Teacher at UNSW Global



"The Coaching Training by Greg and Scott was excellent, very inspiring and practical. The feedback from the whole team was overwhelmingly positive. We really loved the way the coaching was delivered, the live coaching examples by Scott and Greg, the tools and their whole Keys to Effective Coaching Program."

- Valencia Taljaard – Senior Specialist Rehabilitation Clinician at NSW Health

“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



“The Life Purpose and Abundance Retreat has been a really good for me and my team. It’s been a time of reflection and it’s been wonderful to have some time to ponder some questions and look with a whole attitude about abundance with all the possibilities out there. I have made some really important discoveries in the last few days. I’ve made some really important discoveries in the last 2 days and I have a plan moving forward and I’m really excited some of the options that became apparent to me this weekend.”

- Suellen Beatty – CEO at Sherbrooke Community Society Inc.

“I’ve done a lot personality tests mainly through business. I have to say, the Life Languages is first profile that I’ve done that super resonated. The workshop has a nice pace and Scott and Nicole speak out of their heart and they speak out of what their strengths are which is great – so you get a real depth. Communication is everything. We are here to connect and communicate and this is an essential tool that you just have go through. I highly recommend Scott and Nicole and their Life Languages course.”

- Jason Happy – National Facilities Manager at Kiwi Property Group Limited



“The first thing that comes to my mind when I think of Gatik is his immense energy and his excellent inter-personal skills which is a mark of an excellent training professional. I had the privilege of participating in one of his story telling workshops. His strength lies in understanding a new team and addressing their needs and goals by drawing information and tools from his vast experience as a training professional. His passion for what he does, manifests itself in his workshops. He very aptly incorporates his great sense of humour in the story telling sessions and made it a very enjoyable workshop for 2 days...”

- Rohini Naik – Operations Expert at ANZ

“We have done an awesome Life Languages™ Course with Scott and Nicole with our whole Leadership Team. It’s been really great to give us all a common context and language in terms of our preferences in terms of how we’re speaking to each other, how we’re communicating and how we’re engaging. People are buzzing about it. I recommend this workshop and Scott and Nicole.”

- Matt Trent – Manager, Social Responsibility at Fonterra



‘Scott and Nicole both know Life Languages™ and their teaching almost intuitively and I appreciated the depth of knowledge that they had with their material. They present the material so well and they give such great examples and stories throughout their training. It was really surprising to me at how accurate my profile ended up and I would really recommend this course with Scott and Nicole to anyone that wants to know themselves more deeply, their colleagues and work and their personal lives.’

- Jim Sockler – Manager, Programming & Statistics at Datapharm Australia

“As soon as Scott and Nicole brought out the charts and video I could see how much work they have put into Life Languages and their teaching. I found the results were almost 100% accurate in every single way for me. It was beneficial to know that I have all these different languages but some are more dominate than others and to notice which Life Languages I should bring up during a necessary time. Learning about this gives you a lot of clarity on who you are, how you react and how you respond. Life Languages can be quite personal and Scott and Nicole are so amazing as we felt so comfortable going through the Life Languages with them.”

- Tatiana James – Internet Entrepreneur and Founder of Luxx Health



“The session unfolded very powerfully in breaking barriers, encouraging empathy based conversations and forging a way ahead for building deeper, stronger relationships. It was transformational and authentic at so many different levels. We are going back with a great understanding, an empathetic team and potential to sustain our levels of trust and collaboration.”

- Mridula Sankhyayan – Head of talent Development at Walmart / Flipkart

“We had Scott and Nicole lead our church leadership team with Life Languages and it was so good for our team culture. Things have shifted even a few hours after the training where team members are really beginning to understand themselves and how they communicate. This is the best investment that we have made with our team since planting our church. It’s so good for team unity...”

- Lynley Allan – Lead Pastor at Catch the Fire Church Auckland



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