



Becoming Your Authentic Amazing Best Course©



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

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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!

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.

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*.



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