



The Fear Breakthrough Workshop with Optional Board Breaking and/or Firewalking



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

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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/or 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. Due to the unique nature of each of these events as well as logistics and locations we ask that you enquire so that we can properly quote your group and plan an effective and memorable event. Here are some benefits for you and your team members. 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.

This workshop is accompanied by interactive workshop sessions that are customised to your team. Luke Ashcroft is your leader for the board breaking activity and Scott may assist with workshop learning topics. Here is an example agenda:

- Preparation – Luke Ashcroft’s arrival, set up and registration of participants – 11:00 pm – 1:00 pm (2 hours)
- Introduction and Fear Breakthrough Process© – 1:00 – 1:30 pm (30 Mins)
- The Palace of Possibilities – Overcoming Limiting Beliefs© – (1:30 pm – 1:45 pm (15 Mins)
- The Ultimate Goal Setting and Envisioning Process© – 1:45 pm – 2:00 pm (15 Mins)
- Science of Board Breaking and The Science of Firewalking Safety Talk – (2:00 pm – 2:15 pm) (15 Mins) - Luke will explain the science of board breaking and the science of firewalking and give a safety talk. This talk is mandatory for anyone who chooses to participate in the Board Breaking and/or Firewalking Activities.
- Awaken the Wild Lion Within – (2:15 pm – 2:30 pm (15 Mins)
- The Optional Board Breaking Activity and then Firewalking Activity – (2:30 – 3:00 pm) (30 Mins) - In this optional activity Luke will lead your team through a board breaking experience. Participants absolutely are told about the dangers and risks, and they must have signed a Voluntary Release Form. Firewalking and board breaking are dangerous. Luke Ashcroft has been trained in how to lead groups through Firewalking and he has led many groups. Often, people get small red marks on their feet from the heat. Sometimes, people get blisters, and, in some cases, people have been seriously injured by participating in Firewalking. These are hot coals that we are walking on, and they can get from 650 – 1100 degrees Celsius. Board breaking is dangerous. People have broken fingers, hands and more while board breaking and there are dangers to your health. Every member would need to sign a waiver if they chose to participate in the Board Breaking and/or Firewalking experience. Action time! Participants write down action steps and strategies, personally and as a team, to breakthrough our fears and limiting beliefs. Every team member gets the chance to break through their wooden board. Then Optionally Luke will lead your team through the Firewalking experience. Luke and his team lead this activity in a controlled and safe way. The Firewalking activity will provide a powerful metaphor to remind the participants of their ability to overcome.
- Takeaways and Celebration – 3:00 pm – 3:15 pm (15 Mins - We will celebrate our success together and encourage each other on our individual and collective journeys together. We will then activate steps to implement the change.

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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