



The Underlying Beliefs Breakthrough Course©



***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

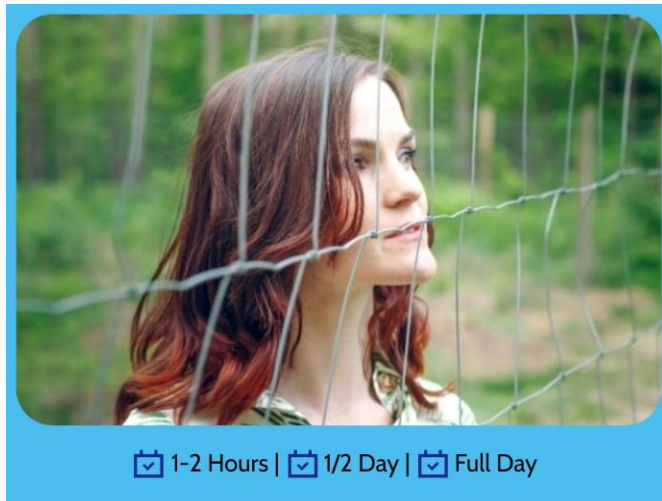
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The Underlying Beliefs Breakthrough Course©

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.

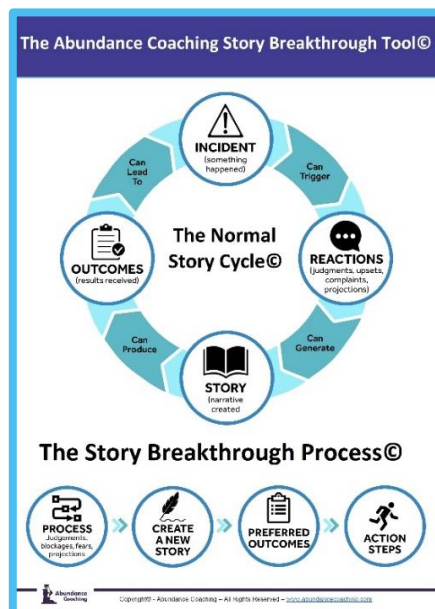
These decisions are not conscious and usually are associated with childhood development. UABCs are usually unconscious, so they lurk at the bottom of an individual's consciousness. These beliefs can significantly determine the outcomes of an individual's decisions and lives, leading people into the same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

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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