



# The Why Worth Living Course©



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

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# 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.”*

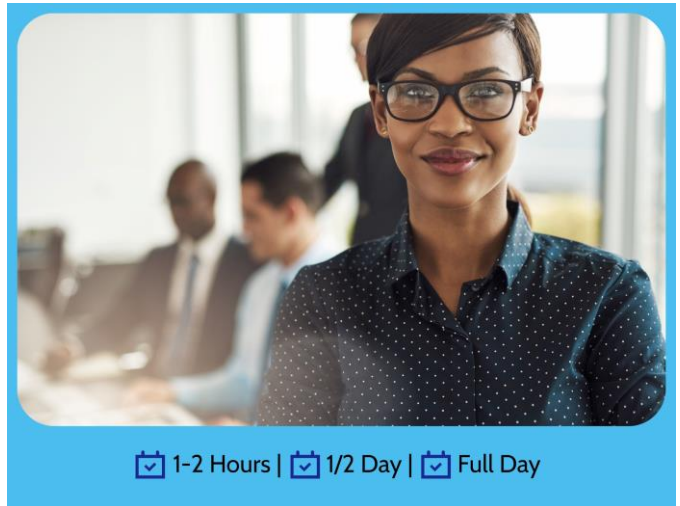
- Thomas Merton

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](mailto: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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