



The Fear Breakthrough Workshop with optional Board Breaking and/or Ice Bath Activity



***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 Ice Bath Activity

Would your leaders and team members benefit from a fun and engaging workshop with an optional board breaking activity?

Help your team break through doubts, fears and limiting beliefs.

This workshop will help your team break through their fears and envision their desired future. There is an optional Board Breaking Experience that participants can voluntarily choose to participate in. Participants will learn about the psychology of fear and breaking through that fear by adjusting their mindset. In the last section of the workshop, we will offer a Board Breaking and Ice Bath Challenge that participants can volunteer to participate in. Even if they choose not to participate in the optional Board Breaking Experience and/or Ice Bath Experience, there will be a lot to learn and activate with mindset, confidence and action taking.



Our Fear Breakthrough Process© includes identifying negative patterns of self-talk and uncovering limiting stories and where they come from. We will lead you through a journey of breaking out of your familiar zone and creating new empowering beliefs. We will motivate and inspire your group as we incorporate The Ultimate Goal Setting and Envisioning Process©.

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

- Identify and articulate limiting beliefs
- Learn how to look beyond what is considered possible when setting goals
- Learn practical ways to break through fear and limiting beliefs
- Harness the power of the team to build strength and belief
- Learn about the keys to create an abundance mindset and to awaken the wild lion within.
- Participate in the optional board breaking activity and experience the exhilaration of breaking through!



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 – Facilitator’s arrival, set up and registration of participants – 12:00 pm – 1:00 pm (60 Mins)
- 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)
- Awaken the Wild Lion Within – (2:00 pm – 2:15 pm (15 Mins)
- Science of Board Breaking and Safety Talk – (2:15 pm – 2:30 pm) (15 Mins) – Luke Ashcroft will explain the science of board breaking and give a safety talk. This talk is mandatory for all board breaking activity participants.
- The Optional Board Breaking and/or Ice Bath Activity – (2:30 – 2:45 pm) (15 Mins) - In this optional activity Luke will lead your team through a board breaking experience. Participants are told about the dangers and risks, and they must have signed a Voluntary Release Form. Each team member will write their limitations, fears, and barriers on a solid martial arts board. After leading your team through a process of uncovering new and empowering beliefs we ask them to write those on the back of the board. Next, it is time to teach your team the physical skills to break a wooden board with their bare palm! We take skills and strategies from various martial arts to show your team how to harness their strength and focus it on breaking the board. Action time! Every team member gets the chance to break through their wooden board and/or participants venture into the ice bath. Our experience culminates with writing down our action steps and strategies, personally and as a team, to breakthrough our fears and limiting beliefs. The challenge provides a platform for teammates to cheer each other on and celebrate each other.
- Takeaways and Celebration – 2:45 pm – 3:00 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.

We will lead this workshop as a solo event, or it could be led in conjunction with one of our other Courses.

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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