

## Breaking Through

The **Breaking Through** team building experience is a dynamic and empowering program designed to help participants overcome personal and professional barriers through the symbolic act of breaking wooden boards. This hands-on workshop fosters unity, builds confidence, and ignites a sense of accomplishment among team members.

An engaging ice-breaker activity will generate energy and prepare the participants for this unique and metaphoric experience. This is followed by a presentation that outlines the significance of breaking through "blocks and barriers" that may be holding us back in various ways. The important and progressive steps leading to the board breaking include identifying those things that may be holding us back, and writing them directly on one side of the board. Examples of barriers include fear of failure, procrastination, fear of rejection, fear of success, etc. On the flip side of the board, participants will write the benefits to be achieved by taking part in such a powerful physical and cerebral experience to break through their barriers.

Continued professional facilitation will then guide participants to partner up and share their specific board-recorded insights while offering and receiving supportive and reinforcing energy from a colleague. Participants are then introduced to the critical techniques required to safely break the board while envisioning smashing through limitations and emerging with confidence and renewed energy.

The tension and excitement are palpable as we come upon the breakthrough moment. With the encouragement and acknowledgment of the supportive and cheering group, each participant takes a turn breaking their board with the personal choice of hand or foot, fostering an immediate and dynamic rush of positive energy and self-belief.

With the lingering sense of unity and collective achievement filling the air, participants then reflect on their experiences and share their insights and emotions with the group. This discussion helps to identify the ways that this transformative experience can be applied to future personal and professional objectives while simultaneously impacting the culture of the organization. This program cultivates a positive mindset while encouraging resilience and a can-do attitude!

Experience **Breaking Through** with your team, and take the first step towards shattering the barriers to your success!

## Clients Talk About this Program

I still can't believe I broke through that board! That was an amazing experience. I can't tell you how many people I have told about it.....and how exhilarating and empowering it was! THANK YOU! Your guidance through that process really made a difference. Thank you for believing in me!

Shannon - [Carleton University](#)

For photos and video, please visit our website at <https://bestcorporateevents.com/programs/breaking-through>

Or Scan QR Code to visit our website:



## Program Details

**Group Size:**

30 to 500

**Team Size:**

**Program Length:**

90 minutes to 2 hours

**Space Requirement**

5 sq. ft. per person

**Setting:**

Indoor / Outdoor

**Physicality:**

Medium

## What's Included?