

## Breaking Through

With **Breaking Through**, your team will experience an emotional and physical metaphor that will help illuminate and push past mental blocks, internalized phobias, and limitations that hold them back in their personal and professional lives.

This program is a memorable, empowering, high-energy experience that can create the confidence and connections that your new and existing employees need. Everyone walks out of the door inspired to take action like never before! Pricing starts for groups of 30 but we have delivered this program for groups with as many as 1,500 participants.

Karate experts spend years developing the skills to smash through boards and blocks with their bare hands. We take these skills and harness them into an empowering experience where participants not only break through a board but simultaneously break through their personal barriers. Everyone in the session will use a one-inch thick, twelve-inch square wood board as a metaphor for the obstacles and barriers we often put in our way to keep us from achieving our goals. Participants will then break through the board, using either their hand or their foot, as a physical metaphor for breaking through their barriers and achieving greatness in their life.

Through presenter-led discussion, participants will determine for themselves their own barriers. They'll choose one barrier that they are committed to working on, and write that barrier on their board. Examples of barriers include fear of failure, procrastination, fear of rejection, fear of success, addictions, etc. On the other side of the board, they will write the outcomes they will achieve or gain in their life, once they have committed to breaking through the barrier.

With the help of our inspiring expert facilitator, participants will learn to trust the process as it unfolds, listen with an open mind, and take a step further than they ever thought they could. It is within this final step, beyond all doubts and limitations, that participants connect to their intrinsic power, moving from fear to trust, and from doubt to confidence.

With a 'challenge by choice' approach, there is an avenue for participation for everyone, even those who may at first be daunted by the activity. Celebrating success together as a team will not only reinforce existing bonds but help to build strong, new bonds as well as deeper understanding among coworkers. Breaking through these barriers will enable your team to achieve new levels of 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](#)

## 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

## Program Elements

- ✓ Individual and Team Development
- ✓ Performance & Continuous Improvement