

Title: The Board-breaking Exercise

Learning how to break a solid wooden board with your bare hands, using a simple karate technique, and then using the metaphor to resolve issues, overcome obstacles, and break out of comfort zones by applying core leadership principles

Duration: 2-hour workshop

Target Audience: All management levels. This workshop may also be used as a staff event when an organization has undergone significant change.

Summary:

This is a dynamic and exhilarating experience that will have a profound effect on how you perceive yourself and your ability to overcome obstacles and break out of comfort zones. The power and energy of this workshop is absolutely infectious – a super exercise to raise morale, motivate and empower your people. Participants will learn how prominent people throughout history had the amazing ability to overcome obstacles that seemed almost insurmountable. This powerful exercise helps participants develop a greater belief in their ability, improves self-confidence, and provides a psychological breakthrough for self-limiting beliefs. It translates fear into action, and helps bridge the gap between potential and results. Most of all – this is a FUN experience for your people!

“Whatever the human mind can believe and conceive, it can achieve” – William James

Learning Objectives:

- How to break a solid wooden board with your bare hands – understand the metaphor
- Identify limiting beliefs that keep you from making progress
- How to feel the fear and take action to overcome it
- Apply the metaphor to real life experiences
- The technique of how to actually break a solid wooden board with your bare hands
- The practical application of key leadership principles like focus, faith, coordination, and alignment
- How to express your inner strength and apply it to the exercise
- Understand the connection between a simple karate technique and key leadership skills
- Develop a positive mindset for applying this exercise to management challenges
- Feel the liberating power as you break through the board
- How core leadership principles enable you to resolve issues, overcome obstacles, and break out of comfort zones

