

Corporate T.E.A.M. Building Workshops

Unforgettable experiences for your entire T.E.A.M.

Key Benefits

Untangle T.E.A.M. Synergy and tap into the potential of the individual, Build leadership and collaboration for greater productivity, determination and drive. Individuals can expect to develop more effective people and problem solving skills. Individuals will learn the meaning of co-operation and discover that through gracious collaboration they can accomplish much more than they may have previously thought possible.

T.E.A.M. Workshops – Empowering the Individual

STRENGTH OF THE LEADER, STRENGTH OF THE PACK

Personal Growth seminar formats such as the fire walk are quickly changing the consciousness of corporate business. Many of the world's most forward-thinking companies such as Microsoft, American Express and Coca Cola regularly use these seminars and workshops to motivate and inspire their employees including those in leadership and management. It has an even greater impact when the 'boss' or 'CEO' struts over hot burning coals or paces on broken glass with the same people they employ.

By first strengthening the leader, you are ensuring the strength of the pack.

GOAL

Growing great leaders - Tap into the potential of each TEAM member and empower them to commit 100%, conquer fears, breakthrough emotional barriers that are holding them back and shed light on the science of how 'failure' can be turned into their greatest strength.

T.E.A.M. Totally Empowered Awesomeness in Motion

FIRE WALKING

WHAT TO EXPECT

When we believe something is impossible and then step through the impossible to make it possible - that kind of messes with our brain and in peak state we say, "I can't believe I just did that!" All of a sudden we start questioning some of the other BS (Belief Systems) we've been carrying around.



- ✓ Conquer fear and personal empowerment
- ✓ Build confidence
- ✓ Recognise and trust intuition
- ✓ Create serious change
- ✓ Expand your view of yourself and the world
- ✓ Breakthrough self-imposed limitations
- ✓ Shift limiting beliefs to empowering beliefs
- ✓ Spiritual connection
- ✓ Motivation
- ✓ Tap into states of peak performance

GLASS WALK

WHAT TO EXPECT

Take everything you have heard about walking on hot burning coals and smash it into tiny little pieces while you entirely engage in the zen-like practice of glass walking. Walk barefoot on razor-sharp pieces of broken glass, committing every thought, experiencing every moment, tapping into your razor-sharp focus. When we deliberately focus our minds on a single moment, we are able to achieve things we thought impossible.

Unleash your greatest potential by glass walking, tapping into a mental state of heightened awareness you didn't even know you had!

- ✓ Learn the physiology and psychology of optimal health and vitality accelerating disease reversal, prevention and natural weight Loss.
- ✓ Uncover the 3 keys to thriving passionate relationships the source of our greatest pleasure or deepest pain. Whether you are in one, planning your escape or finding the one!
- ✓ Learn the one secret strategy that can bring you one step closer to financial independence.
- ✓ Choose to live by your highest values and uncover your ultimate purpose.

T.E.A.M. Totally Empowered Awesomeness in Motion

E wecan@coach26.com.au | **W** coach26.com.au

BOARD OR BRICK BREAKING

WHAT TO EXPECT

What happens when we commit less than 100%? Many people live life in such a mediocre state and then wonder why they lost the promotion



that they thought they earned or why they are stuck in a rut. Whether you choose the board or the brick, 100% commitment becomes immediately apparent. You don't have to be an athlete or martial artist to break the board or brick but requires 100% commitment straight through to success.

ARROW BREAK

WHAT TO EXPECT

When you push on the soft and supple part of your throat you will most likely think snapping an arrow with it would be a scary or more so impossible challenge. It may even conjure up painful past experiences or beliefs. Use the arrow break to challenge your beliefs about what you think is physically possible.

LOW ROPES COURSE ONE - TWO - THREE!

In addition to a stronger team, enhanced communications skills, problem solving abilities, and fun, your group will learn to cooperate and develop trust with others and within themselves. These outcomes can be expected as a result of a trip to the low ropes course. The low ropes course is characterized by its ability to create the need for group members to challenge their old ways of thinking and acting.

ALL ABOARD

WHAT TO EXPECT

Group members must devise a way to share space on a series of low, nested platforms, ranging in size from nine square feet to one square foot. Everyone's feet must be off the ground and on the platform. The group must hold this position for a prearranged time.



T.E.A.M. Totally Empowered Awesomeness in Motion

E wecan@coach26.com.au | W coach26.com.au

FLOATING ISLANDS



WHAT TO EXPECT

Participants use deductive reasoning to calculate and construct a bridge with just two boards to help the team get to three separate platforms. Balance, teamwork and strategy are crucial to get each team member to the end ensuring they all pull together to completion.

BIG FOOT

WHAT TO EXPECT

Group members must figure out how to move across a stretch of ground while standing on a set of long beams with hand ropes attached. When a team starts taking steps in different directions, you quickly learn that being on the same page is vital to T.E.A.M. success.



T.E.A.M. CHALLENGE

OBJECTIVE

Raise money for charity and speak through action by stepping outside your comfort zone in the streets of Perth. Each T.E.A.M. will decide which items to sell on the streets of Perth to raise money for charity. The observers will be rating the team on the following: self-confidence, adaptability, empathy, communication, TEAM work/collaboration and developing others. This is a



fun interactive 'stretch' that will breakdown deeper unconscious fears of rejection, uncertainty and beliefs about people. This is REAL leadership in action not in a closed room but amongst real people. The team that raises the most money for charity wins. Professionally facilitated on the streets of Perth CBD.

T.E.A.M. Totally Empowered Awesomeness in Motion

E wecan@coach26.com.au | W coach26.com.au

THE FIVE - IN - ONE T.E.A.M. CHALLENGE

This is the **Ultimate TEAM Building Workshop**

5 Challenges
5 Rotating Teams
Completed in 240 minutes

Challenges include:
Glass walk
Film Studio
Blind Connections
On Track
Bridging the Gap
The Conundrum

For more information and to create customised T.E.A.M. Building Workshops call us now 1300 262 241 or email wecan@coach26.com.au.

For more information on our Superior Courses and Workshops, view the following link, <http://www.coach26.com.au/superior-courses-workshops/>

More and more people want to connect to the spirit of your business – the humanity of an organisation focusing away from just selling or trying to get something, to actually caring about people first, both internal and external. Our programs connect to the spirit of your organisation through releasing the inner potential of your team.

T.E.A.M. Totally Empowered Awesomeness in Motion

E wecan@coach26.com.au | **W** coach26.com.au