

## Chris Natzke's Board Breaking Experience Outline

Join 8th Degree Black Belt, Chris Natzke as he leads your team in discovering their *Champion's Mindset* through the *Ultimate Team-Building Workshop*

### Titles have included:

- **Discover Your Breakthrough You** Board Breaking Experience
- **Breaking Through** Board Breaking Experience (Preferred: Same as book and online course)

**Note:** This program lasts 90 to 120 minutes based on the number of participants. Maximum number of participants not to exceed 100.

**Hook:** In this high-energy, interactive workshop, participants are taken on a step-by-step journey in realizing their authentic power through the metaphor of breaking a board (martial arts style).

Through this process, team members experience the exhilaration of breaking through the barriers that are holding them back and the power of taking "100% responsibility" for what they create in their personal and professional lives by discovering their own *Champion's Mindset*.

- 1) **Main Point #1 – Creating a Solid Foundation** – The success of any practice, whether it is in life, business or martial arts is based on creating a solid foundation and consistent positive habits to build from.
  - a. **Life-Leadership Skill #1 – The 6 M's of Morning Mastery** (Meditation, Mind Treatment, Mental Imaging, Movement, Motivation, and Memoir)
  - b. **Martial Arts Skill #1** – Powerful Stance (although the board is broken with the hand, the power is generated by the legs and hips.)
- 2) **Main Point #2 – The Power of Your Voice** – In martial arts, an explosive yell is used to generate power. However, in life and business, the greatest use of our voice comes not only from our expressed verbal language, but from the conversations we have with ourselves within our own minds.
  - a. **Life-Leadership Skill #2 - Are you a Warrior or a Worrier?** (Adapted from Dr. Robert Leahy's *The Worry Cure*)
    - i. **85%** of the thing we worry about **NEVER** happen
    - ii. Of the **15% that do**, **79%** are not as bad as we thought, or we are happy they did
    - iii. As a result, **97%** of the things we worry about either never happen, or aren't as bad as we thought
  - b. **Martial Arts Skill #2 - The Power of the Ki-Hap** – The "Spirit Yell" and physically finding the power of your voice
- 3) **Main Point #3 – Moving Through, Not To, the Obstacle** – How many times have you gotten just the precipice having a breakthrough and then have fallen short? This can become a consistent habit in our lives if we don't identify and address this pattern.
  - a. **Life-Leadership Skill #3** – Participants do an exercise to identify the following:
    - i. Their desired Breakthrough (written on Side A of the board)
    - ii. Their BIG WHY
    - iii. The Impact of NOT breaking through
    - iv. Limiting Beliefs that has held them back (written on Side B of board)
    - v. One Action Step to move to Breakthrough
  - b. **Martial Arts Skill #3 – BOARD BREAKING!**