



An inspirational presentation with a dramatic finale!

Here at Rock+Ice, we are the masters of research into **what makes people successful**. This presentation is the golden top 5% of the information from books, articles, courses we've attended, successful people we've spoken with and from reflecting on our own successes.

This presentation gives you the rock that successful people build their businesses on.

- ➡ Know that the *INGREDIENTS* create the outcome
 - To get a new result you **MUST** change the ingredients
- ➡ Take *Ownership* of the circumstances of your life
- ➡ Have *Crystal Clear Outcomes*
- ➡ Extremely *Action Orientated*
- ➡ Switch On Switch Off
- ➡ Focus on the '*Big Rocks*'
- ➡ Focus on *Solutions* not Problems
- ➡ Take on *Challenges* – Get outside the Comfort Zone!



The climax to the presentation is when the participants are asked to tackle their barriers head on, and **break through a wooden board** – their barrier - with their bare hands.



This is the dramatic physical metaphor reinforcing the previous presentation, with each person actually breaking a board with their bare hand. This exercise provides an incredible feeling of achievement, and is usually something participants are **raving** about for weeks afterwards.

It is an exercise that is truly powerful, and we guarantee each of the participants will feel very 'pumped' and focused on their future challenges after they complete the break.

Just ask the Canterbury Crusaders!

LOCATION	SEASON	DURATION	Min/Max
Any	All year	45mins to 1hr	6 to 200