

# **Brian Biro**

## ***The Board Breaking Relay!***

All of Brian Biro's half-day, full-day, and two-day seminars end with the Board Breaking Relay. There is simply nothing like this powerfully connecting experience of team. In the Board Breaking Relay every participant moves off the sideline and into the game. By the end of the session all members of the team will be more connected and supportive of each other than you would believe possible in such a short time. Sub-groups are broken and replaced with a powerful new team spirit.

In the Board Breaking Relay all participants will learn to break through a 1 inch thick wooden board karate style. The board represents a limit, habit, fear, or doubt that they wish to break through. Each individual writes down on the front of the board the limit they wish to break through, and on the other side, what new possibilities will open in their lives as a result of that breakthrough.

Picture your team in a great circle clapping and cheering for each other as one-by-one each individual steps forward to break through! The energy and support is unbelievable. The room is filled with electricity. When each team member explodes through the board, it is an amazing metaphor for moving beyond that real challenge in their life. It is a rich, involving, and absolutely unforgettable experience for every person who attends.

Brian has led the Board Breaking Relay for more than eight-hundred organizations over the past decade. He has presented the program for top-level executives, sales teams, managers, supervisors, and staff personnel, with groups ranging from 25 to 2,500 participants.