
High impact techniques for groups and individuals

1. **Group techniques:** Group members faced with challenging problems are required to take risks, communicate and share responsibility for a successful effort.

- **The Floating Islands:** It uses deductive reasoning to calculate and construct a bridge with just two boards to help the team get from platform number one to platform number three. The entire group will really need to pull together on this one to make the end goal possible.
- **Trolleys:** 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 group starts taking steps in different directions, you quickly learn that being on the page is vital to a team's success.
- **Trust fall:** A true trusting experience happens every time as you fall backwards into the crossed arms of your co-workers. The Trust Fall relies on the strength of many to support the smallest or largest person. A straight backwards fall without hesitation is the true mark of trust.

2. Individual techniques: The real secret to success in any part of life is learning to do the impossible. Once you have, then the merely difficult suddenly seem a whole lot easier. When participants face these obstacles using these techniques and overcome them in a physical, tangible way, all of a sudden fear becomes a force that you can master.

- **Board Breaking:** Commitment and breaking limiting beliefs. The board break is feasible regardless of physical strength or martial arts experience, but requires 100% commitment and follow-through.
- **Arrow break:** Focus. When you think of an arrow on your throat, you probably think of vulnerability, fear and sensitivity. When you combine the two thoughts (the arrow tip and your throat) it is somewhat scary. The way to overcome fear is to be focused on the objective.
- **Glass walking:** Present time. A Glass Bed Walk is a unique mindfulness practice that helps you concentrate on present time and become conscious of your inner body. It teaches you how to carefully take the next step to reach your goals.
- **Firewalking:** Breaking limits. It teaches us an extraordinary lesson on our mind power and the effect that our beliefs and thoughts have on our reality. It is an exceptional technique to close the event and figure out what the future will be.