

Firewalking - the Path to Change

#	Activity	Description	Effect	Benefit
1	Set the goal	Participants will express your goal / vision in a concise, clear phrase and pronounce it in front of others as an objective worth walking over hot embers.	Proclaiming a goal / vision in front of witnesses that cheer you on increases the accountability to oneself and to the team mates.	Participants learn how to direct their energy towards their goal. A goal worth walking over hot embers.
2	Create and feel group support	With the internalized goal participants will go into a mini-trust fall as the receiving person who lets go of mistrust. In alteration they will be a supporting each other.	Participants will be at the receiving and the giving position of human trust.	Participants experience the feeling of being carried by the support of others - support important to reach their goal.
3	Integrating fear and turning limiting believes into courage	Fear and limiting believes are the most common reasons of why people fail to achieve their goals. Participants will determine their fears and limiting believes and break free by snapping an arrow in a different way than they may imagine.	Participants discover how to go beyond your own fears and limiting believes through a symbolically act of liberation.	Participants become aware of emotional responses to life's challenges such as fear, refusal, denial. They recognize that there are strategies to turn limiting believes into courage.
4	Leaving ones comfort zone and sharpening the inner leader	Participants are now ready for the crowning discipline of this seminar - the firewalk. It sums up what they have experienced thus far. Their inner leader will guide them through this challenge. A challenge worth of their goal / vision.	Fear and courage are two sides of the same coin. Walking over fire means leaving your comfort zone. Participants find the necessary courage in their inner leader (the worrier archetype).	Walking over fire brings participants into their growth zone where achieving goals happens.
5	Integration – keep the ball rolling	The last and important step is integrating and internalizing what participants have experienced. They will develop a strategy to keep going when the fade-out effect kicks in.	Humans tend to forget – even deeply touching and moving experiences like a walk over hot embers. Their strategy allows them to keep the experience alive.	Not just a flash in the pan. This seminar is a turning point. Participants find higher motivation and commitment for realizing their goals.