

# **BREAK OUT SESSION**

## TURN INSPIRATION INTO REAL TIME ACTION

"Seb's sessions are hilarious, inspiring and actionable. So many of my team are moved to implement his plan. We wished for more time with him. I'd highly recommend gifting your team some time with Seb." - Google, Nick D, Global CMO

Leveraging Seb's powerful keynote messaging, individuals and teams are guided through a 3-Step action framework to help attendees create and take action on their most meaningful goals..... within the session!

Utilizing the Me, You, Us philosophy, individuals and teams blend individual growth with shared collective vision as they Unlock Limitless Possibility for themselves and each other.

## ME. YOU. US FRAMEWORK:



#### INDIVIDUAL SPARK

- Create future vision
- Build the plan
- Take action



**IGNITE OTHERS** 

- Build connection
- Create accountability
- Lead with curiosity



YOU + ME = US

- Workplace vision
- Give everyone a role
- Amplify the impact

Complemented by a custom workbook that works in conjunction with interactive learning and action elements, the Unlock Limitless Possibility breakout will empower your teams to not just define the future but bring it to life, too.

"This breakout lit a fire under my team's ass! Our way of connecting and taking action has completely changed because of Seb's framework." — Suzi Batiz- Founder: Poo Pouri

#### Take Aways:

- A personal & professional bucket list
- Fulfillment Factor Formula: online tracking & planning tool to arrange, prioritize & action goals.
- PDF Workbook

Breakout time can range from 60 minutes through to half day workshops. Recommended as an add-on to Seb's keynote.









