



DR LAUREN BURNS
Elevating Potential



ACTIVE TAEKWONDO

An excellent way to kick-off or wrap-up a conference with high energy and a sense of achievement and purpose – all participants break boards!

WORKSHOP



INSPIRING AND MEMORABLE – BRING YOUR NEXT EVENT TO LIFE!

Lauren conveys key messages relating to self-belief, mental imagery, and incorporates the ancient practices of the martial art taekwondo, to cultivate the indomitable spirit.

The boards are a metaphor for **Action**, **Commitment** and **Breakthrough**.

Workshops include:

- Simple, high energy taekwondo moves
- Focus on fun, teamwork, practical skills and key messages
- All participants breaking boards
- Signing of participants' boards as take home memento



"240 of our top performers stood and applauded with their successfully broken boards –unbelievable. They had all written their greatest fear on the board and then broke through that fear and way of thinking. It was an amazing atmosphere and were cheering and clapping their boards, an awesome sound and energy in the room. Absolutely fantastic."

EcoSeaate