



FIRE Walking

The Benefits of Walking Through Fire

Fire-walking is a great way to experience the true power of mind over matter, to breakthrough and to overcome fears by doing something that seems impossible! It can be a high-octane, loud and motivational team event or a quiet, spiritual and meditative experience, great for connecting with yourself and your goals at a deeper level.

What Happens During the Event?

Firstly, its important to say that fire-walking is entirely optional! No one is forced to walk. It is entirely optional and its perfectly fine if you choose not to walk when the time comes. You can still support the team and just enjoy the fire (or nature's TV as we like to call it)!

First, We Build It!

Participants will start by building the fire that will burn down into the coals you will later walk on. This can be performed as a team event in itself. Building a fire isn't the simple task that it seems! It gets harder the more people try to help!



Then We Light It!

The lighting of the fire represents the letting go of anything we no longer need from the past, inviting new opportunities in for the future. Very quickly the fire will be blazing away and we will warm ourselves by the fire whilst meditating on the amazing experiences we will create in the future. We set the intention in our subconscious minds that as we walk across the coals, we will be stepping closer to these exciting goals.

Then We Wait!

We have approximately 90minutes to wait before the fire burns down. Teaching you to walk on fire takes about 30 minutes right before we walk, so that gives us 60 minutes to spare and this can be spent a number of ways.

Option 1: Achievement Workshop

We head back inside and enjoy an effortless achievement workshop with Jess and Nick. You'll visualise those amazing outcomes you want to achieve (either individually or as a team) and consider what might hold you back. Learning to fire-walk, then becomes the method by which you learn to overcome those limiting beliefs. As you walk confidently through the fire, you'll be exercising that "step up and claim it" muscle that will help you get what you want, even when facing your biggest fears.

Option 2: Relax and unwind

You have 60 minutes to relax and unwind, network or get something to eat.

Option 3: Motivational Team Event with Board Break

For this option, we teach you how to fire-walk first and then we have 60 minutes to complete a breakthrough exercise such as a board break to get you in a peak state to walk on fire! We talk about resilience, inspiring your team to find the resources they already possess, which can help them achieve more than they thought possible. When you're in the right emotional and physiological state you can move mountains! So that's how we make you feel!

We teach participants how to break a board safely and then using visualisation, loud music and a series of high-energy exercises, we get you into a peak state. The whole group will shout and scream support for each person as they break their 1-inch thick piece of pine. By the end of the exercise, everyone is pumped up and ready to walk on fire!

We Teach You How to Walk on Fire

We run through the safety precautions, i.e. don't run! Walk with purpose, forwards, with your head up etc. Next, we explain the self-fulfilling prophecy and that if you think you will burn, your body will respond as if you are burning. It's a similar phenomenon as when you imagine eating a lemon, your body responds as if you really are eating a lemon. The coals are the same.

Therefore, we need to learn to focus on something else! We create a more positive inner dialogue so you can chant an affirmation as you walk across the coals, such as "cool wet moss" or "crunchy snow". Whatever suits you best! Next, we get you into a peak state. We want your body to feel strong and confident and ready to do the impossible! We use music, visualisations and some high-energy exercises to create the kind of physiological state we need in order to achieve the impossible.

Then We WALK!

You'll take your shoes and socks off, leave them inside and walk to the coal bed. One by one, you will support each other as you walk across the burning embers. Our team will be supporting you and focusing on safety, throughout the entire exercise. You will most likely have the opportunity to walk more than once if you wish, but that will be dependent on time and numbers of people.

Then We Celebrate!

Once you've walked on fire, its time to celebrate! We can either reconvene in the conference room where we bring together everything you've achieved as a team, or you can begin your celebrations in the bar immediately. Since the fire-walking events are best performed in the evening, when it's dark, its usual for the team to head off for a celebration dinner on a high, talking over and over again about their incredible achievement.

LET'S WALK ON FIRE

