



Experiential Workshops

Powerful Adventure Experiences to Change Your Life!

We invite you to join Fear Specialist Brian Germain in a transformative workshop unlike any other program in the world.

We begin by sitting down and discussing fear and its opposite state of mind, the "Flow State". This information will empower you to work with your adrenalin and control your powers of visualization to create the best possible outcome in each of the fear-challenge experiences. By taking on genuinely provocative challenges, we break through the mental barriers that limit who we think you are, and what we believe we are capable of doing. This allows us to extract the benefits in our daily lives, so we can better handle our most intense emotions.

Brian Germain's Transcending Fear Experiential Program is a full day, leaving us plenty of time to gradually work our way up from everyday fears to unequivocal challenges that you will remember for the rest of your life. Once you have done something that others shutter to even think about, you will profoundly alter how you relate to anything in your life that provokes your impulse to retract in fear, and expand who you think you are.

Option I	Option II	Option III (2 days)
Transcending Fear Seminar and Discussion <u>Practical:</u> Indoor Rock Climbing Debriefing and Discussion	Transcending Fear Seminar and Discussion <u>Practical:</u> Wind Tunnel Skydiving Debriefing and Discussion	Human Aerodynamics Course <u>Practical:</u> Jump Out of a Plane! Debriefing and Discussion

Option One



Option Two!



You will never be the same!

Option Three:

Jump out of an airplane!

Above and beyond the traditional challenges typically utilized in corporate programs such as High Ropes Courses, we go for broke. We jump out of airplanes. Is there anything that provokes more fear than stepping out of an airplane in flight? Can you imagine any other activity that, once performed, would change who you think you are more than that?

Master Instructor Brian Germain will safely guide you and your group through the experience like no one in the world. There is a reason why Brian is the most famous skydiving instructor on the planet. He is the leader in the industry: parachute designer and test pilot, author of the definitive parachute aerodynamics book, X-Games World Champion, Instructor for the US Special Forces and literally thousands of civilian skydiving students, and veteran of over **14,000** safe parachute jumps. You truly will be in the best hands imaginable.

Become your own personal Hero!



This is Possible!

The actual skydiving experience is weather-dependant. Therefore, this portion of the course may be delayed until safe conditions exist. Even if this is the case, Brian will lead a follow-up discussion to debrief the experience, and extrapolate the benefits.

To book Brian Germain's Fear Talk for your organization or company,
email us at:

bookbrian@transcendingfear.com

or call:

(703) 349-2639

Don't be scared, pricing is affordable!