

GLASS WALK



“Most obstacles melt away when we make up our minds to walk boldly through them.”

What causes someone to persist when another will give up? What causes a person to focus and achieve the impossible? What ultimately creates the difference between happiness and despair? The answer is beliefs. Therefore what you do want is to consciously decide the beliefs you want working for you. To choose the lens you will view the world through. For there will be limiting beliefs that will seriously hold you back and control your thoughts and behaviours, enough to curtail your results.

The practice of walking bare foot over a bed of broken glass has evolved into a powerful tool for self-realization and empowerment. When you walk barefoot on pointed shards of glass, a shift in your belief system begins to manifest and grow. It supports the reality of overcoming obstacles, winning, building self confidence. It is highly empowering and proves that you can move beyond self-imposed limitations and boundaries to expand your human potential.

HR Anexi presents Glass Walk as a powerful and impactful learning metaphor used extensively as part of our experiential learning laboratory **Small Change Big Difference (SCBD)**. It provides teams and individuals an opportunity to experience profound metaphors like the Fire Walk, Glass Walk, Iron Rod Bending that help make subtle shifts in thinking, change perspectives and evaluate current strategies to deal and cope with change.

WHO IS IT FOR?

Anyone who wants to empower themselves to move beyond resistance towards their goals.

CERTIFIED FACILITATORS

HR Anexi has internationally Certified Instructors and Empowerment Coaches from Sundoor (www.sundoor.com).

KEY BENEFITS

- Overcome fears and phobias
- Change limiting beliefs/ attitudes
- Create lasting change & increasing clarity about life's purpose
- Stimulate greater resourcefulness
- Initiate a positive shift in the belief system

WHAT TO EXPECT?

Power talk before the walk

Before the walk, instructions on preparation and conditioning are given to participants for confronting their inner fears and irrational beliefs that limit purposeful action. We start by setting goals and help participants remain focused on them by refusing to allow counter-productive ideas to get in the way. This motivates a person to walk bare foot with confidence and ease; committing to the goal, experiencing every moment through razor-sharp focus.

In other words, when we deliberately focus our minds, we are able to achieve things we thought were impossible.

Mind Over Matter

Walking on glass is an exercise in developing the mind-body connection, and can prove to be an unforgettable experience in the journey towards goal realization. The process of altering the thoughts is often regarded as 'mind over matter', but perhaps we can consider the paradigm of 'mind over mind' to be more appropriate to achieve the following principles of success

- Belief** - Gives more courage and power to act in the face of fear
- Focus** - Develops laser like focus by destroying inhibitions
- Intentions** - Helps to set an intention and direction that inspires and motivates goal achievement
- Result** - Unleash potential by tapping into a mental reserve of heightened awareness



Small Change Big Difference Through Learning Metaphors



GLASS WALK



TILE BREAKING



IRON ROD BENDING



FIRE WALK

STRATEGIC PARTNERS

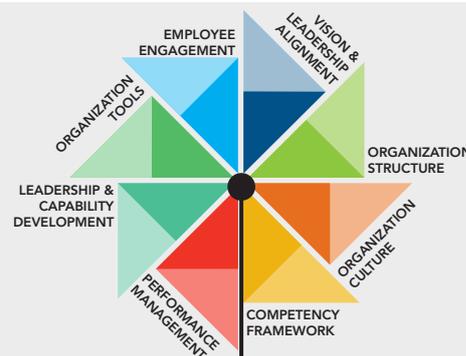
BLESSINGWHITE

PSYTECH INTERNATIONAL

HR Anexi's consultants customize a range of initiatives and actions to drive an organisation's performance and growth.

We have tested and proven methodologies and expertise to help family-run businesses build organization alignment, develop capabilities, improve performance and productivity, strengthen culture and leadership. Sustained business success comes with the application of the **HR ANEXI'S WHEEL OF TRANSFORMATION**.

It is a holistic model that combines an understanding of business, management and family dynamics.



100 + Consultants

Strategic Global Alliances

Satisfied Customers Across 60+ Different Industries

Mumbai

Bengaluru

info@hranexi.com

www.hranexi.com

+91 22 67401000

+91 9590044928