

*Comfortable Being Uncomfortable:  
Leading through Challenge,  
Adversity, and Fear*

Virtual Team Building Workshop by:

**EMPOWER**  
**LEADERSHIP**



# Comfortable Being Uncomfortable



## *What?*

- 3-hour experiential workshop, administered digitally via Zoom Video Conferencing.
- Includes interactive presentations, facilitated team building initiatives focused on handling adverse/challenging situations, and a competitive “team vs. team” challenge

## *Why?*

- Eliminate excuses and perceived barriers to success
- Nothing exceptional happens while in our “comfort zone”
- Develop Level I “Leadership of Self” skills to become more comfortable in adverse situations
- Provide support, coaching, and inspiration to teammates who are “adventuring” out of their comfort zone

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## *Programmatic Timeline:*

- 10 minutes: Arrival to Zoom Meeting and Program Briefing
- 35 minutes: The Traffic Jam Initiative
- 10 minutes: Whiteboard Debrief
- 35 minutes: Card Castle Architecture Team Challenge
- 10 minutes: Whiteboard Debrief
- 40 minutes: Empower Idol Team Challenge
- 30 minutes: Empower Idol "Presentations"
- 10 minutes: Program Debrief & Closure

## *Operational Logistics:*

- Designed for up to 80 participants
- Empower Leadership will provide a pre-workshop briefing video to all participants; to include needed supplies list, Zoom access information, and introductory activity briefings
- Traffic Jam Initiative (working groups of 2 athletes)
- Card Castle Architecture Challenge (working groups of 4 athletes)
- Empower Idol Team Challenge (working groups of 8 athletes)

## *Investment:*

- Total for 3-hour workshop = \$500.00

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*For availability and scheduling, contact:*

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