

# WHAT'S WITHIN YOU IS STRONGER THAN WHAT'S IN YOUR WAY



## NO BARRIERS

Trusted by...



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Now, more than ever, our business leaders need to believe that

## WHAT'S WITHIN YOU IS STRONGER THAN WHAT'S IN YOUR WAY

Everyone is struggling with today's uncertainties. We're asking leaders to be resilient, optimistic and hopeful despite the fact that many have never had to deal with so many challenges at once. Meanwhile, leaders have less time to devote to building team unity and to their own development even though we all agree it's more important than ever to provide that leadership support.

### OUR SPECIALITY: RESILIENCE & INCLUSION

No Barriers specializes in teaching resilience, hope and optimism using a proven framework taught by some of the most *diverse and inclusive instructors* ever assembled. Our areas of expertise include: harnessing adversity, cultivating resilience, facing fear, diversity and inclusion, innovation, leading with purpose, building strong communities and servant leadership.

At No Barriers, we teach leaders and their teams to:

- Create a mindset of hope and optimism despite an uncertain future
- See adversity as the fuel to innovate and become stronger
- Support each other as they balance unpredictability in work and home life
- Connect authentically with one another through shared vulnerability
- Elevate everyone around them to tap into their fullest potential

### THE END RESULT

- 97% increase in self-reported ability to focus on solutions rather than problems
- 89% increase in participants who have a clearer sense of vision and purpose despite the challenges in their way
- 83% growth in participants who believe they have the ability to break through the challenges in front of them
- 47% growth in participants who see the team as the critical resource for breaking through challenges together

“The great Sir Winston Churchill once remarked that courage is the first of human qualities for it is the one that insures all the rest. When you commit to a No Barriers course, you learn the true courage embodied in the No Barriers philosophy – the courage to face down adversity, the courage to overcome ones doubts and fears, and the courage to do what others tell you cannot be done. Here you will find inspiration – and lessons for a lifetime.”

–DR. DONALD MOREL, CHAIRMAN AND CEO (RETIRED), WEST PHARMACEUTICALS

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## NO BARRIERS IN THE MEDIA



GREAT BIG STORY

The New York Times



## DIVERSE, ATYPICAL LEADERS WHO EXEMPLIFY RESILIENCE

Imagine being able to get into the mindset of an individual who, when faced with life-altering adversity, makes a conscious decision to shatter expectations and accomplish the extraordinary. Our keynote speakers and instructors are some of the most remarkable human beings on the planet - all representing the diverse fabric of society. Be inspired by and learn from people like this...



### ERIK WEIHENMAYER

BESTSELLING AUTHOR,  
CORPORATE SPEAKER,  
ADVENTURER WHO IS BLIND,  
FILMMAKER



### AMANDA LANNERT

CEO OF JELLYVISION, TOP  
WOMEN IN TECH & MOXIE  
AWARD WINNER

### MANDY HARVEY

MUSICIAN WHO IS DEAF,  
AUTHOR, SPEAKER AND  
FINALIST IN *AMERICA'S GOT  
TALENT*



### KYLE MAYNARD

TWO-TIME ESPY AWARD  
WINNING ATHLETE, BEST  
SELLING AUTHOR, SPEAKER,  
ADVENTURER



### GRETCHEN EVANS

ONE OF THE MOST DECORATED  
FEMALE VETERANS IN  
HISTORY, *WORLD'S TOUGHEST  
RACE* SUPERSTAR, CEO OF  
DOGTOPIA FOUNDATION,  
WOUNDED VETERAN

### GREG BRENNEMAN

C-SUITE LEADER OF HOME  
DEPOT, BURGER KING, QUIZNOS  
& CONTINENTAL AIRLINES

### J.R. MARTINEZ

ACTOR, BEST-SELLING  
AUTHOR, MOTIVATIONAL  
SPEAKER, ADVOCATE AND  
WOUNDED U.S. ARMY VETERAN



## OUR PROGRAM METHODOLOGY

### A Living Laboratory for Resilience

Over the past 20 years, our nonprofit organization has been a rigorous test kitchen to see in real-time what ingredients work best to help people overcome challenges and unleash potential. Millions of people have passed through the doors of that kitchen. Year over year, we sat with participants and engaged with their struggles. We listened to them in their lowest moments, when they felt the most lost or overwhelmed by obstacles; and we worked with them to refine strategies and tools that wouldn't just get them through that moment, but to actually catapult them to their next level of performance and fulfillment.

*"The course really just broke down into a recipe of how we apply to be successful. Successful in life, in personal achievement, in business achievement, family life, all of the above. How do we go through life and how do we go through work? Well, here's the instruction book for it."*

– MARK KOSKI, BUSINESS LEADER, FORTUNE 500 COMPANY

### A Proven Recipe

The result of that laboratory is a proven recipe for building resilience - one based on a combination of fostering the right mindset, developing skills and learning into teammates. As an added bonus, our leaders walk away from their experiences with a profound vision for themselves and their teams that becomes the mantra that leads them through the best and worst of times. Our fifteen years of research shows statistically significant growth across every resiliency measure that we track on with 9/10 participants saying they would actively recommend our program.

*"We have seen business results as an outcome of this, from how we look at challenges to the way we run staff meetings. Now I feel confident that people know our initiatives and how they relate to them. This has been transformational."*

– KATE KEENE, VP, HUMAN RESOURCES, FORTUNE 500 COMPANY

## NO BARRIERS

Our proven approach to harnessing adversity, featured in our bestselling book *What's Within You: Your Roadmap to Living Life with No Barriers* is based on seven principles:

### VISION

Clarify your vision and use it as the fuel to get you through your hardest times

### REACH

Get comfortable stretching outside of your comfort zones

### ALCHEMY

Cultivate a mindset of hope and optimism in the midst of adversity

### PIONEER

Have a fearless belief in a future that does not yet exist and innovate to get there

### ROPE TEAM

Be vulnerable with others as you collaborate and connect

### SUMMITS

Pause to reflect upon and celebrate your successes and failures

### ELEVATE

Serve others and the world through your leadership



## Give your teams meaningful time together.

In light of COVID-19, our teams crave authentic interaction with their colleagues. We focus on creating an experience that is fun, engaging and breaks the day-to-day monotony that is challenging all of us.

### Your package can include a combination of the following tools and resources:

#### No Barriers Foundations Course

If the phrase “online learning” makes you cringe, we’re here to change your mind. Our interactive, inspirational, and gamified solutions take place both online and offline. It includes team-based activities directly applied to your unique business context. It’s a virtual learning experience like no other! Taught by a unique team of inspirational leaders, this 10-hour at-home experience empowers your teams to open up in unique ways that lead to significant growth and development.

#### Virtual Half- or Full-Day Workshops

Our dynamic and interactive sessions combine live speakers with breakout sessions, physical course kits, live polls, chats and more. We focus on getting your team to talk and interact with each other after framing up key concepts that matter to your business.

### Who is this for?

#### Teams Facing Challenges

When faced with adversity, most leaders and teams get distracted by things that don’t matter. We help these teams get laser-focused on what matters most to their success. Meanwhile, our content and approach builds team unity and strengthens their resilience to tackle future obstacles. We can work with teams of all sizes, breaking larger teams up into smaller working groups to ensure dynamic conversation and individual progress.

#### Happy Hour Conversations

Whether it’s a small group or a team of hundreds, our facilitators, speakers and performers bring No Barriers concepts to life in fun and interactive ways over happy hour, lunch meetings or weekly kick-off sessions. We combine poignant messages with engaging discussion groups to get people interacting in new ways.

#### Individual Leaders

Each of us needs a roadmap to lead with purpose as we tackle adversity. Individual leaders benefit from growth in both soft- and hard-skills to be resilient, hopeful and optimistic in the face of great challenges. Combining individuals across different company teams is a strong way to build cross-team unity and connection.

#### Keynote Presentation

Our No Barriers leaders are some of the most extraordinary people who have walked on this planet. Their inspirational stories can be a terrific addition to team meetings and conferences. Couple them with a workshop to deepen the experience.

#### Summits

Bring employees to the annual *No Barriers Summit*, virtually or in-person, where they’ll meet visionaries from all walks of life. Millions of participants from 45+ countries and 80+ cities globally join this weelng exploration of what it takes to lead with purpose and break through adversity.

#### Company-Wide Solution

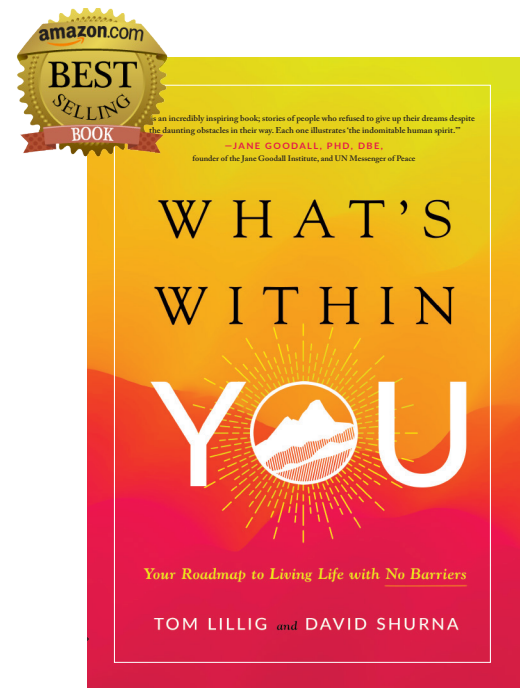
Companies that deliver leadership solutions at scale are six times more successful than those that don’t. Our basic philosophy that What’s Within Us Is Stronger Than What’s In Your Way can be taught to every single employee in your business. Combining key leadership team experiences with scalable online solutions for all employees is a powerful way to quickly align an entire company around a unified approach to adversity.

*“This was one of the best, if not the best, learning development experiences I have had not only at Wells Fargo, but in my career.”*

– LUIS ROJAS, BUSINESS LEADER, WELLS FARGO

## OUR BESTSELLING BOOK

All participants in our programs receive a physical program kit complete with our bestselling book, course workbook, and additional course materials. In our book, we use the proven No Barriers framework to teach leaders step-by-step how to break through their own challenges and live a driven, purposeful life. It's the perfect accompaniment to the dynamic at-home leadership journey. The narrative guide introduces leaders to world-famous barrier breakers like fellow cofounder Erik Weihenmayer, the only blind person to summit Mt. Everest, and Mandy Harvey, the deaf jazz vocalist whose America's Got Talent performances captured the hearts of half a billion people. Despite the barriers—both big and small—that each of us face, we can learn how to push past them, reconnect with our purpose, and unleash the best in ourselves and others.



“This is an incredibly inspiring book; stories of people who refused to give up their dreams despite the daunting obstacles in their way. Each one illustrates “the indomitable human spirit” which I always cite as one of my most profound reasons for hope for humanity’s future. And when you have read it, and been moved and uplifted, you will realize that you too have some of that indomitable spirit and that you too can overcome the barriers that loom ahead in your life.”

–Jane Goodall, PhD, DBE, Founder of the Jane Goodall Institute & UN Messenger of Peace

“We must always set goals and dedicate ourselves fully to achieving them. Tom and David remind us in this book that even when we get knocked down, we must bounce back up, ready to tackle our next challenge.”

–Rudy Ruettinger, inspiration behind the movie RUDY

“What’s Within You is a must read for anyone wanting to lead a purposeful, integrated life. The stories are compelling and serve to highlight the timeless, practical and life changing No Barriers concepts.”

–Greg Brenneman, Board Chair of Home Depot and former Chairman, CEO, President and/or COO of Quiznos Sub, Burger King, PwC Consulting and Continental Airlines.

“For years, I’ve seen these No Barriers principles change lives – from veterans to kids to corporate leaders. If you’re ready to embrace your quest for purpose no matter what is in your way then this book is for you!”

– Jamie Moldafsky, Chief Marketing Officer, Wells Fargo

“No Barriers challenges us to believe in a future that does not yet exist. And this book gives us the confidence to know we can get there.”

–Dr. Hugh Herr, Time Magazine’s Leader of the Bionic Age, MIT Professor and founder of BionX

“This book captures the spirit of hope, possibility and courage that I feel we should all live by. It’s both inspirational and practical, providing powerful tools to help each of us break through the barriers we face. Love it.”

–Luis Gallardo. Former Global CMO for Deloitte. Founder of the World Happiness Fest



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**[NoBarriersLeadership.com](http://NoBarriersLeadership.com)**»

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