



OUT OF COMFORT ZONE LEADERSHIP BOOTCAMP

Guided by

DENIZ KAYADELEN



CURIOUS TO SEE MORE?



If you're seeking to enhance the leadership skills of your managers, you've come to the right place. This Bootcamp will inspire, challenge, and teach participants how to step out of their comfort zones to unlock their potential and create better workspaces. We'll reflect on the leaders we aspire to become and design the path to reach those goals.



BENEFITS OF THE BOOTCAMP

We will create a powerful experience for your team to grow and unlock their potential through immersive, out-of-comfort-zone activities and coaching sessions. You will learn how to transform limiting beliefs into powerful actions aligned with your strategic goals, and you will increase your courage to take the initiative while activating your team's willpower.

This Bootcamp can be tailored to the specific needs of your team. While the standard format is 2.5 days, it can be adjusted as necessary. Energize in nature, get to know your team members better, and build trust and community.

A POWERFUL EXPERIENCE

THIS BOOTCAMP IS RIGHT FOR YOUR TEAM IF

- Do you want to know the full potential of your team and use it?
- Your team can do more, but is stuck?
- You want to take a big step with them, but you are unsure?
- Do you want individual coaching for them instead of generic advice?
- Do you want to get out of the home office and into nature?

WHAT DOES THE TEAM TAKE WITH THEM?

- Increased self-reflection.
- Increased awareness of other's needs.
- Increased psychological safety in the team.
- Increased trust and motivation.
- Inspiration: stepping out of comfort zone.
- Reflecting on future self and aligning clear action steps.

WHAT IS IN THE MODULAR PACKAGE?

- Personality type assessment
- Group coaching sessions
- 1:1 Transformative Coaching
- Inspirational Lecture(s)
- Individual and group reflection
- Target setting and visualization exercises
- Breathing and meditation exercises
- Cold Water Challenge
- Hiking tour with coaching
- Bestselling book: Out of Comfort Zone

MEET YOUR GUIDE: DENIZ KAYADELEN

Inspirational Speaker
Business psychologist
ICF accredited Coach
Managing consultant Big 4 experience for
Fortune 500 companies
World Record Holder
World Champion in Ice Swimming
Bestselling Author

With over 12 years of business consulting, change management, and talent management experience and over 20 years as a swimming champion, Deniz's expertise is going beyond her limits and helping others do the same. That's why she has dedicated herself to facilitating individuals' achieving peak performance and finding self-fulfillment by unlocking their true potential.



DAY ONE

**Goal: Get together, ice breaker
and self reflection**

Preparation before the Bootcamp:
Personality Questionnaire

- Energizer Welcome
- Leading Self Reflections
- Peer Coaching Walk
- Get Together Dinner



DAY TWO

Goal: Leading self and leading others - Group Coaching

- Future Leader Exercise
- Get Out of Comfort Zone keynote speech inspiration
- Out of comfort Zone Immersive Exercise Preparation
- Out of comfort Zone Immersive Experience
- Group reflection
- 1:1 mini coachings
- Goal Setting



DAY THREE

**Goal: Commitment to change by
planning next steps at an
individual and organizational
level**

- Leading Organizations
- Leadership Alignment -
Key commitments
- Wrap-up and departure





TESTIMONIES

“You are constantly being reminded, even when you think you are already doing a lot, there is still more than you can do. You don’t even know what’s possible. And sharing that potential with the people here is just awesome. Absolutely amazing. I would say out of my comfort zone, magic happened today!”

-Katherina, Bootcamp 2024

“I think the biggest takeaway was to think about and design a path to how I can approach these targets. Also, I learned that my mind is the most important thing overall, and it scares me in my decisions, and I have to cut that off a bit. The best moment is getting into the cold water after the breathing session.”

-Ben, Bootcamp 2022



A transformational experience for your leaders that you can't afford to miss.



REFERENCE CLIENTS



DK

Deniz Kayadelen

Out of Comfort Zone

COACHING - INSPIRATIONAL SPEAKING -

OUT OF COMFORT ZONE BOOT CAMPS

www.outofourcomfortzone.com