



OUT OF COMFORT ZONE ACADEMY: WORKSHOPS

by

DENİZ KAYADELEN

DK
Deniz Kayadelen
Out of Comfort Zone

MEET YOUR FACILITATOR:

DENIZ KAYADELEN

Inspirational Speaker

Business psychologist

ICF accredited Coach

Managing consultant Big 4 experience for

Fortune 500 companies

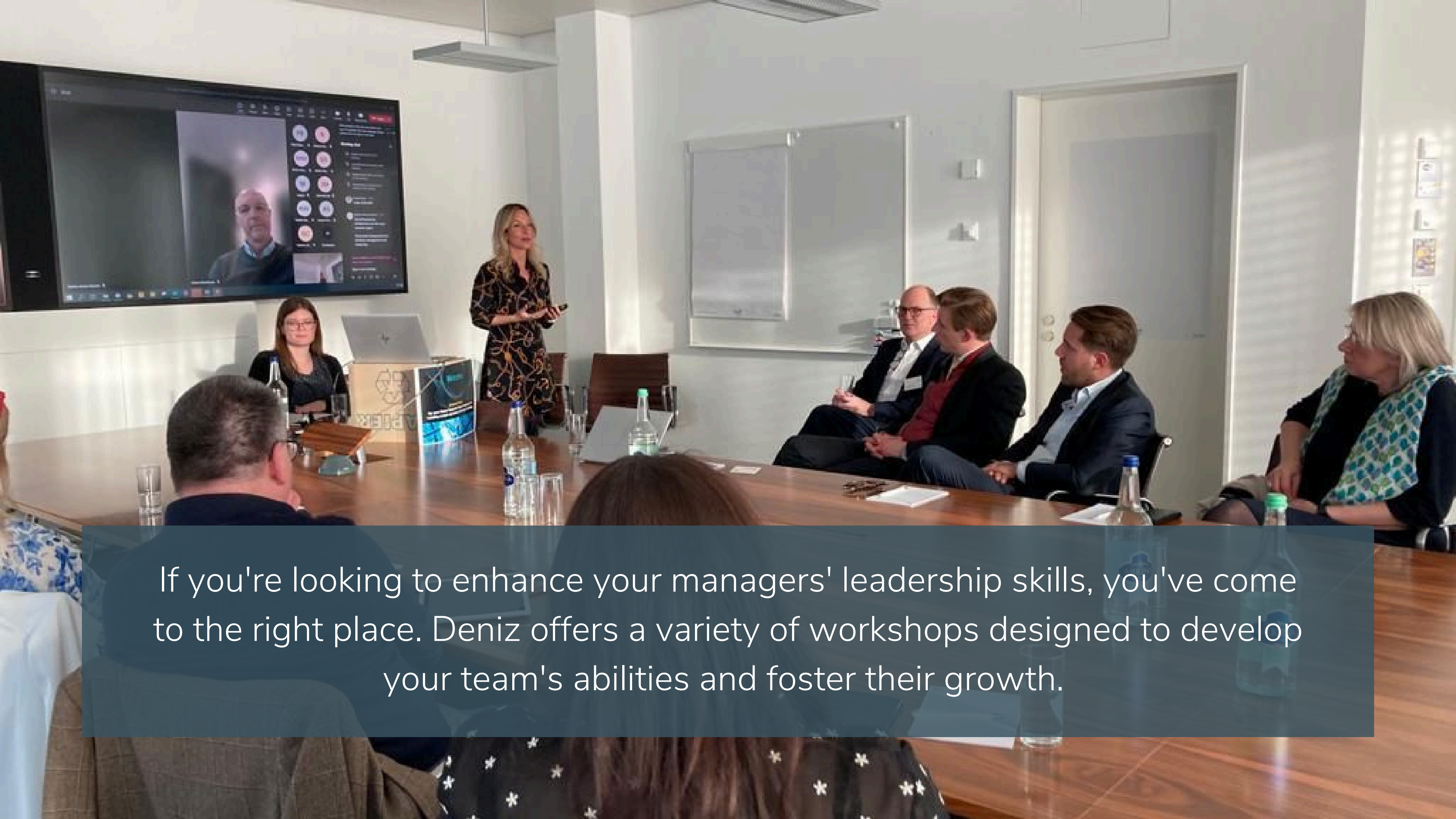
World Record Holder

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.





If you're looking to enhance your managers' leadership skills, you've come to the right place. Deniz offers a variety of workshops designed to develop your team's abilities and foster their growth.

ABOUT THE WORKSHOPS

Location: Männedorf Untervogthaus, additional event locations, company venues.

Methods used: Interactive elements, coaching, design thinking, peer exchange, role-playing, physical immersive activities, reflection exercises, and theoretical input.

Duration: 1-2 day workshops, depending on your needs and budget.

Target Audience: Leaders





HOW TO UNLOCK POTENTIAL TRAINING MODULE TOPICS

- Conflict management
- Effective communication
- Managing limiting beliefs
 - Unlocking potential
 - Change management
 - Talent management
 - Holistic assessment
- Personality development
 - Team building
- Find your inner purpose and calling
 - Stress management
- Future leadership/How to lead in a digital age
- Coaching / How to use coaching methodology in employee conversations and convening business partners

MOST REQUESTED WORKSHOPS

- 1. HOW TO UNLOCK YOUR POTENTIAL AND BE A CHAMPION IN WHATEVER YOU DO!**
- 2. OUT OF COMFORT ZONE LEADERSHIP CERTIFICATION**
- 3. HOW TO FIND YOUR PURPOSE AND LIVE YOUR LIFE IN YOUR FULL ESSENCE!**

1. HOW TO UNLOCK YOUR POTENTIAL AND BE A CHAMPION IN WHATEVER YOU DO!

Exciting day to explore yourself differently, unlock your potential, and get further inspiration through cold water immersion and coaching sessions.

Find inner clarity about yourself and your goals in the cold water, step out of your comfort zone to find inner strength, increase mental and physical control, and experience your true willpower.

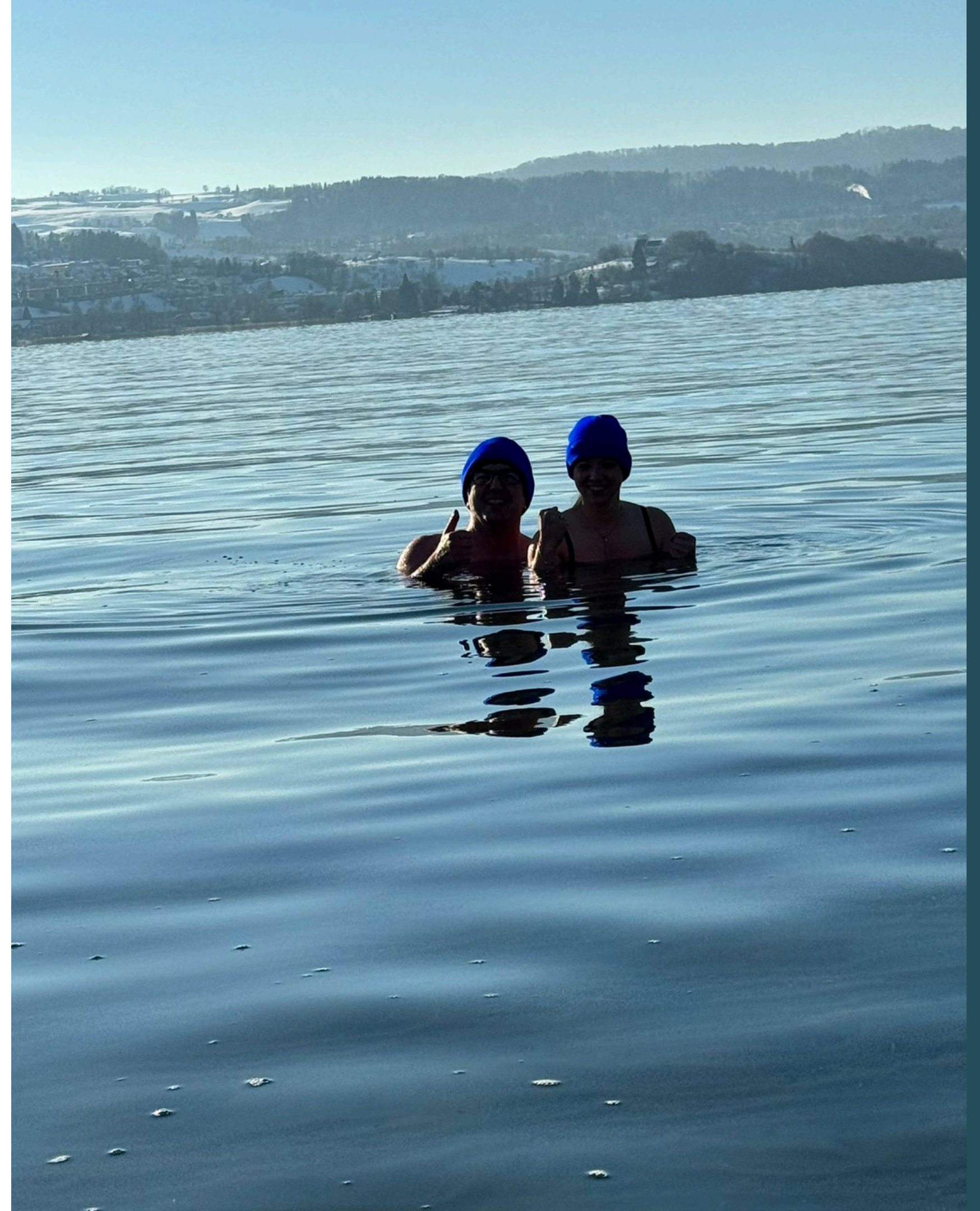
Energize in nature, get to know great people like you and create community.



HOW TO UNLOCK YOUR POTENTIAL AND BE A CHAMPION IN WHATEVER YOU DO!

WHAT DO YOU GET?

- Individual Transformative Coaching
- Group Coaching
- Prep techniques for strengthening the body and mind before a big challenge
- Ice water swim preparation
- Ice water immersion
- Reflections and target setting for the year
- Access to a like-minded network



2. OUT OF COMFORT ZONE LEADERSHIP CERTIFICATION

HOW TO UNLOCK THE POTENTIAL OF YOUR TEAM!

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 to transform limiting beliefs into powerful actions aligned with your strategic goals and increase your courage to take the initiative while activating your team's willpower.

Experience a boot camp that is as unique as your team. It can be tailored to your specific needs, ensuring it aligns perfectly with your goals. While the standard format is 2.5 days, it can be adjusted as necessary, giving you the power to design your own transformative experience. Immerse yourself in nature, deepen your understanding of your team members, and foster trust and community.




OUT OF COMFORT ZONE LEADERSHIP CERTIFICATION

HOW TO UNLOCK THE POTENTIAL OF YOUR TEAM!

WHAT DO YOU GET?

- Clarity about your fear zone and how to unlock your potential
- Clarity about how to unlock your team's potential and act as a role model
- An immersive transformation on which you elevate your self-trust and break through your limiting beliefs
- Increased energy for the things that matter to you
- Out of Comfort Zone Academy Leadership Certificate



A woman with her arms raised in celebration, wearing a teal blazer and a black dress, surrounded by falling confetti. The background is a plain, light-colored wall.

3. HOW TO FIND YOUR PURPOSE AND LIVE YOUR LIFE IN YOUR FULL ESSENCE!

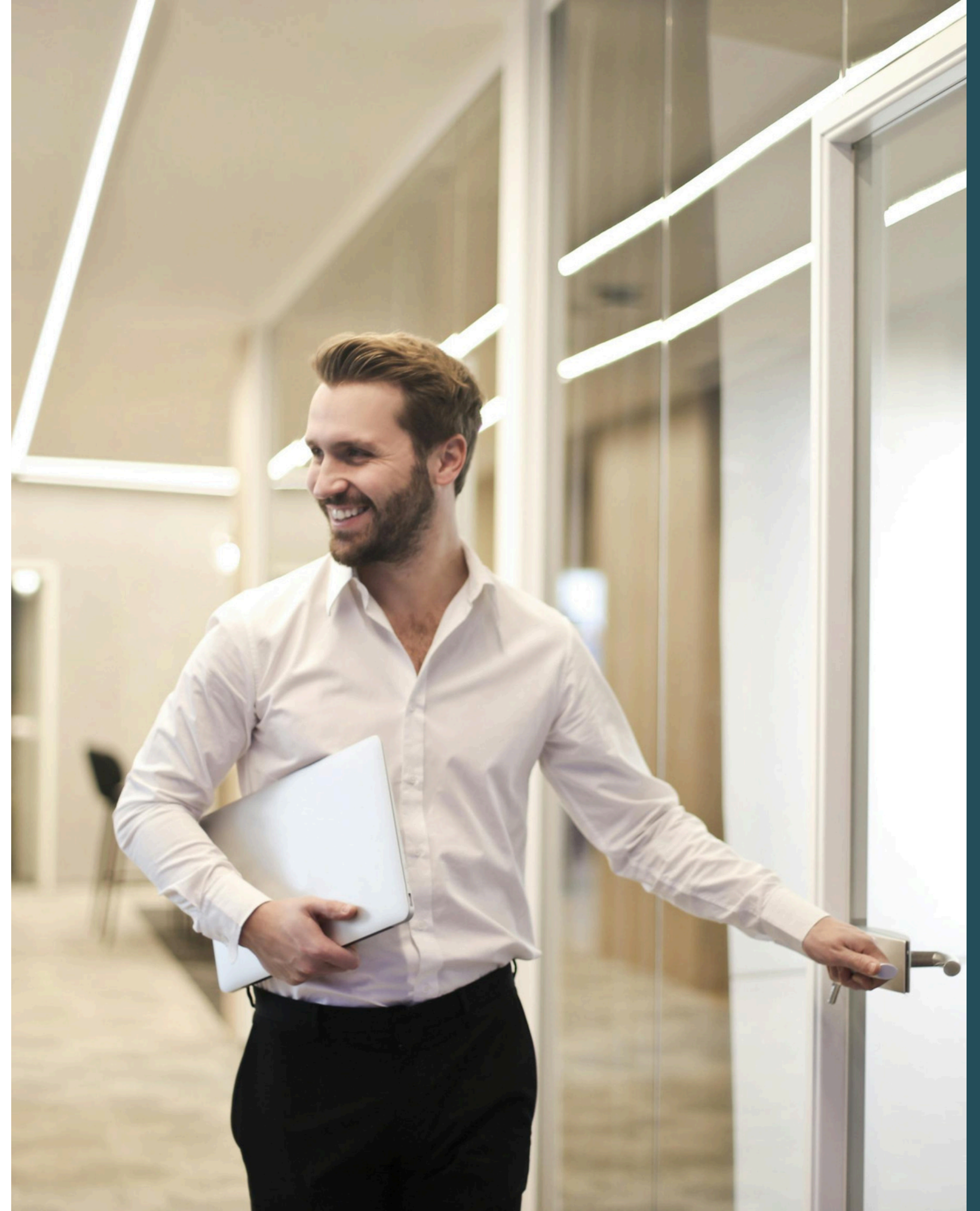
A transformative one-day journey designed to help you discover and harness your true potential. This program is meticulously crafted for individuals seeking clarity, direction, and a deeper understanding of their life's purpose.

Our day together will be dynamic and engaging, beginning with a pre-coaching clarification call and individual personality assessments to tailor the experience to your unique needs. Through a series of insightful sessions, you will embark on a path of self-discovery, reflection, and actionable goal-setting.

HOW TO FIND YOUR PURPOSE AND LIVE YOUR LIFE IN YOUR FULL ESSENCE!

WHAT DO YOU GET?

- Align your core values and passions for clear personal and professional direction.
- Recognize your unique strengths for better decision-making and growth.
- Enhance self-awareness through meditation, reflection, and assessments.
- Address and overcome limiting beliefs and fears.
- Build a supportive network for encouragement and accountability.



REFERENCE CLIENTS



DK

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Out of Comfort Zone

COACHING - INSPIRATIONAL SPEAKING -

OUT OF COMFORT ZONE BOOT CAMPS

www.outofourcomfortzone.com