



MICHAEL W. ALLISON

# BREAK THE BOTTLE

U.S. MARINE CORPS | PURPLE HEART VETERAN



## Workshop Two

# BREAK THE BOTTLE

*How to Shatter Limiting Beliefs  
and Unlock Mindset, Identity,  
and Peak Performance*




## HALF-DAY WORKSHOP

*Virtual or In-Person*




In this engaging and transformative workshop, participants will explore the barriers that hold them back and learn how to shatter limiting beliefs to unlock their true mindset, identity, and peak performance. **Break The Bottle** empowers leaders and teams to overcome self-doubt, redefine their goals, and take control of their personal and professional development.

**Tools: Break The Bottle Workbook**

***In this workshop, leaders and teams will learn to:***


-  Identify and break the limiting beliefs that hinder growth and performance.
-  Unlock a powerful mindset that aligns with their true identity and goals.
-  Cultivate habits that drive peak performance in both life and business.

***Attendees will experience an immediate transformation in their ability to:***

-  Shatter mental barriers and develop a growth-oriented mindset.
-  Realign their identity with their professional and personal goals for sustained success.
-  Achieve peak performance by breaking through limitations and embracing their full potential.

***Participants will leave this workshop equipped with the tools and strategies to unleash their true capabilities and create a lasting impact on their personal and professional lives.***



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