



# BREAK POINT



ASSESSMENT CENTRES + TRAINING WORKSHOPS + CORPORATE AWAY DAYS + CONFERENCE SPEAKERS

**Our philosophy at BREAK-POINT is that you can push yourself beyond what you had previously thought was possible and we are dedicated to enabling you to achieve success.**

When the going gets tough, the difference between success and failure is often in the mind. The mind and body work as one unit to protect you, so when your body is exhausted, your mind will find ways of giving up. Where the mind goes, the body follows.

At BREAK-POINT we run interventions based on –military– style operations which are designed to put delegates under pressure. We have a range of exercises, which we can deliver on the client site, or at our premises. You can choose *one* exercise or select a combination, whichever enables you to achieve your objective.

## HOSTAGE +

Your CEO has been kidnapped and you need to remain calm so you can co-ordinate the rescue effort. Bring together your boat team, helo team & dive team to put all of the information together so you can find the whereabouts of the hostages—but be quick, time is running out!

## SPY GAME+

A fantastic and unique game played out in the streets of London where danger and intrigue overlap to provide the most exhilarating out of office experience! Critical thinking and teamwork are required at the highest level to successfully complete your mission in this James Bond style thriller.

## SELECTION CLASSROOM BASED SELECTION PROCESS +

The ultimate assessment centre to combine with your recruitment process.

## ULTIMATE SF HIGH OCTANE ENDURANCE TESTS+

This course is a high octane experience over one day that will test your physical and mental robustness, pushing you beyond your limits, defining new boundaries.

## PROOF OF LIFE +

Put your negotiation skills to the test when terrorist phone your command centre to demand a ransom for your CEO. If you think you're good at sales and negotiations, you better be on your top game because it's a matter of life and death.

## BOMB DISPOSAL +

A technical exercise designed to push your mental dexterity to the test whilst putting your teamwork under extreme pressure.

## SF SERIES ADVENTURE RACE SPECIAL FORCES STYLE +

Its time to put your average obstacle course race behind you and reach for the ultimate challenge. For the first time in adventure race history we bring you the SF Series!

## EXTREME SF BASED ON THE CHANNEL 4 PROGRAM SAS: WHO DARES WINS +

Have you got what it takes to be a Special Forces Soldier? SAS selection is the hardest military training in the world and now for the first time ever, you can have a taste of what it takes to *get* into the SAS with this 2 day course.