

ICARIS™

HALT  
PROCEED



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ICARIS™  
**HALT  
PROCEED**

The image features a central glowing lightbulb with a warm yellow-orange light emanating from its filament. It is surrounded by several unlit, clear glass lightbulbs with visible filaments, arranged in a circular pattern around the center. The background is a deep, dark blue, creating a strong contrast with the glowing bulb. The overall composition is clean and minimalist, emphasizing the concept of a single idea shining among many unlit ones.

A CLEAR  
BUT SIMPLE  
MISSION  
TO HELP  
& INSPIRE  
OTHERS

# WITH A CLEAR BUT SIMPLE MISSION OF HELPING AND INSPIRING OTHERS, MOTIV8 AND INSPIR8 IS KNOWN FOR MAKING A MEMORABLE IMPACT.

Their unique approach combined with exceptional guidance and contagious enthusiasm makes them perfect for a large variety of audiences and events.

By providing you with the right tools and knowledge, **Motiv8** and **Inspir8** has helped countless people unleash their potential, paving the way towards both personal and professional success.



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# MANAGER

THIS WORKSHOP AIMED AT MANAGERS OF TEAMS AND PROVIDES AN INSIGHT INTO IMPLEMENTING A 'THINKING CULTURE'

➔ This workshop will allow Managers and their teams to communicate effectively and opens up a new way of working.

The **Halt2Proceed** program is a unique workshop which enables Managers to look into themselves, their characteristics and how they interact with their team.

This interactive workshop is a must for any manager of any experience, no matter how big their team.

## ALAN OWEN

will take the Managers on a journey of discovery and self-reflection which will analyse their management style, their approach and how their team sees them. This interactive workshop is a must for any manager of any experience, no matter how big their team.

# THE MANAGER SEMINAR

IS HELD FOR ONE DAY, COVERING THE FOLLOWING TOPICS

**'LEADER OR MANAGER'**  
WHAT ARE THE DIFFERENCES

**'TEAM MEMBERS'**  
UNDERSTANDING YOUR TEAM

**'HALT'**  
INTRODUCTION

**'INNER CHIMP'**  
FIGHT OR FLIGHT

**'PROCEED'**  
INTRODUCTION

**'MEETINGS'**  
STRUCTURE

**'WHAT CHARACTER ARE YOU'**  
INTERACTIVE SESSION

**'SELF-REFLECTION'**  
TIME TO REFLECT

**'THE THINKING CULTURE'**  
INTRODUCTION

**'BRILLIANT MEETINGS'**  
HOW TO CONDUCT A MEETING

**'THE NUCLEAR BUNKER'**  
INTERACTIVE SESSION

**'INCISIVE QUESTIONS'**  
ASK YOUR TEAM AND YOURSELF

**'BRINGING PEOPLE BACK TO THEMSELVES'**  
INSPIRING THE TEAM

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# STAFF

**THIS WORKSHOP IS AIMED AT STAFF WHO ARE PART OF A TEAM AND PROVIDES AN INSIGHT INTO IMPLEMENTING A 'THINKING CULTURE'**

 This workshop will allow teams to communicate effectively and opens up a new way of working.

The **Halt2Proceed** program is a unique workshop which enables staff to look into themselves, their characteristics and how they interact with their team and their manager.

This interactive workshop is a must for any staff member whose Manager has undergone the **Halt2Proceed** workshop, no matter how big their team.

**ALAN OWEN**  
will take the staff on a journey of discovery and self-reflection which will analyse their interaction with team members and their relationship with their manager.



# THE STAFF WORKSHOP

IS HELD FOR HALF A DAY (3 HOURS), COVERING THE FOLLOWING TOPICS

## 'LEADER OR MANAGER' EXPERIENCES

**'TEAM MEMBERS'**  
UNDERSTANDING YOUR TEAM

**'HALT'**  
INTRODUCTION

**'INNER CHIMP'**  
FIGHT OR FLIGHT

**'PROCEED'**  
INTRODUCTION

**'WHAT CHARACTER ARE YOU'**  
INTERACTIVE SESSION

**'SELF-REFLECTION'**  
TIME TO REFLECT

**'THE THINKING CULTURE'**  
INTRODUCTION

**'INCISIVE QUESTIONS'**  
ASK YOUR TEAM AND YOURSELF

## 'BRINGING PEOPLE BACK TO THEMSELVES' INSPIRING THE TEAM

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# STUDENT

THIS SEMINAR IS AIMED AT STUDENTS AGED 14 -21 WHO ARE UNDERTAKING EXAMS OR CHOOSING THEIR CAREER PATH.

➔ This 2 hour motivational speech introduces the **Halt2Proceed** program and how the students can interact with their teachers and their fellow students effectively.

This seminar introduces students to the **Halt2Proceed** way of working and how they can implement it in their studies. The motivational and interactive nature of the seminar brings together techniques which students can use throughout their studies.

This seminar is a must for any educational establishment where students are embarking on their exams or choosing their career path.

## ALAN OWEN

will take the students on a journey of discovery and self-reflection which will analyse their approach to their studies, and how they can inspire themselves and other students.





# THE STUDENT SEMINAR

THIS A 2 HOUR TALK, COVERING THE FOLLOWING TOPICS

**'TEACHER / LECTURER'**  
UNDERSTANDING

**'TEAM MEMBERS'**  
UNDERSTANDING YOUR FELLOW STUDENTS

**'HALT'**  
INTRODUCTION

**'INNER CHIMP'**  
FIGHT OR FLIGHT

**'PROCEED'**  
INTRODUCTION

**'SELF-REFLECTION'**  
TIME TO REFLECT

**'THE THINKING CULTURE'**  
INTRODUCTION

**'INCISIVE QUESTIONS'**  
ASK YOURSELF

**'USING A THINKING BUDDY'**  
INSPIRING YOURSELF & OTHERS

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# TAILORED PROGRAMS TO HELP CONQUER YOUR GOALS.

The **Halt2Proceed** program delivers results. It encourages all participants to look inside themselves and discover how they can develop further.

Each program is tailored to the audience. We strive to make every event a memorable experience, placing a large emphasis on delivering actionable content. Get ready to be inspired in an authentic way that leaves you ready to conquer your goals.

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EACH  
PROGRAM  
IS TAILORED  
TO THE  
AUDIENCE.

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**HALT  
PROCEED**

ICARIS™  
**HALT  
PROCEED** 2

UNLOCKING  
THE POTENTIAL  
OF YOUR TEAMS,  
AND INCREASE  
PRODUCTIVITY  
ACROSS YOUR  
WORKPLACE.

# BEGIN YOUR JOURNEY, UNLOCK YOUR POTENTIAL.

Join the **Halt2Proceed** program and transform the way you work. By implementing a 'Thinking Culture' and unlocking the potential of your teams, you can increase productivity across your workplace.

Contact us for full details of the **Halt2Proceed** program and how you can start your journey with us.

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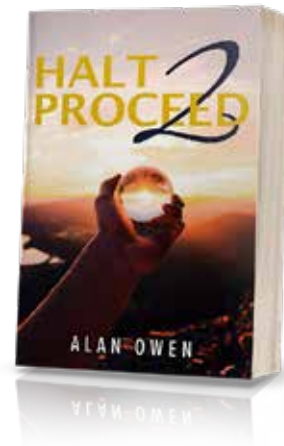
# HALT PROCEED

**PURCHASE THE BOOK AND  
START TO CHANGE YOUR LIFE.**



Our 21st century world is a noisy place with many distractions. Everything is instant, on-demand; society expects instant communication. We are working longer and harder than ever and ever-increasing pressures negatively affect our work-life balance.

The art of relaxing and taking solitude has disappeared. Created by Alan Owen, the **Halt2Proceed** programme has taken years to develop and draws on knowledge from several sources, including personal experience, input from business leaders and from a board of trustees who provided the final steps.



**[WWW.MOTIV8ANDINSPIR8.GURU/BOOK](http://WWW.MOTIV8ANDINSPIR8.GURU/BOOK)**

Available as a paperback for £4.99 or Kindle e-book for £1.99.

**Take the first steps on your journey today.**



# THE HALT2PROCEED 11STEPS

TAKE THE FIRST STEPS ON YOUR JOURNEY TODAY

**'HEARSAY'**  
TOO MUCH NOISE

**'ASSUMPTIONS'**  
WHY DO WE ASSUME?

**'LISTEN'**  
DO WE DO ENOUGH?

**'THINK'**  
DO WE OVERTHINK?

**'PREPARATION'**  
ARE YOU PREPARED?

**'RESEARCH'**  
HAVE YOU RESEARCHED ENOUGH?

**'ORGANISATION'**  
ARE YOU ORGANISED?

**'COURAGE'**  
DO YOU HAVE THE COURAGE?

**'ENERGY'**  
DO YOU HAVE THE ENERGY?

**'ENTHUSIASM'**  
DO YOU HAVE ENTHUSIASM?

**'DEDICATION'**  
HOW MUCH DEDICATION IS NEEDED?

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INSPIR

HELPING TO REACH YOUR GOALS



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