

Power Packs

Power Packs are used to support your colleagues, family members or friends when they attend Leadership Breakthrough One. The most important part of the Power Pack is the cards in which you write encouraging notes to your nominee.

By all means share your experiences, what you thought and felt as you went through the training. These get to be straightforward, sincere and from your heart. Remember, the idea of the Power Pack is to enhance your nominee's experience. In addition, you may want to include other fun and/or useful items in the Power Pack.

A small supply of snacks is sufficient as plenty of food and snacks are provided during the 2 ½ days.

Suggested Power Pack items:

- Supportive and encouraging cards
- Throat Lozenges
- Lip Balm
- Tylenol/Aspirin
- Tums/Roloids
- Mints, Hard Candy
- Candy Bars
- Granola Bars
- Power Bars
- Tissue
- Ear Plugs (for snoring)
- Play Money



Gum, clappers, horns, pom-poms and inappropriate items are a distraction in class and can take away from the students' experience. Please refrain from putting these items in the Power Pack as our trainers will not allow them to be used.



Helpful Outline for Cards

Please use the following ideas for generating your own empowering personal messages in cards!

Card # 1 – For the first evening of training

Write on the outside of the envelope “Open when you arrive at the training facility.”

Ideas for your own personal message

- Give 100%
- Keep an open mind
- Trust the process, everything happens for a reason
- Good Luck!

Card # 2 – For the morning of the second day of the training

Write on the outside of the envelope, “Open at breakfast on the second day of the training”. Use their last name now.

Ideas for your own personal message

- Enthusiasm
- Today is a great day!
- It is OK to have fun!

Card # 3 – For the evening of the second day of the training

Write on the outside of the envelope “Open at dinner on the second day of the training.” Use their last name.

Ideas for your own personal message

- Hold yourself and your team accountable
- Give 100%
- Raise the bar!
- Just focus and do it!

Optional Additional Card - If you have a close relationship with your nominee, include an additional card for the second night of their training to be opened before they go to sleep.

Card # 4 – For the morning on the last day of the training

Write on the outside of the envelope, “Open at breakfast on the last day of the training.” Use their last name.

- Ideas for your own personal message
- You are about to begin the 1st half of your final exam
- Hold yourself and your team accountable
- Give 100%... heart, body and soul!
- Put everything you have learned to use
- No armor on the back!

Card # 5 – For after graduation on the last day of the training

Write on the outside of the envelope “Open after graduation on the last day of the training”. Use their last name.

Ideas for your own personal message

- Congratulations!
- Share with the new graduate from YOUR heart and remember your graduation day feeling!

Remember, the above ideas are only suggestions. Write encouraging and personal comments that will empower your nominee.

