# LEADERCAMP



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| ABOUTANDY MOLINSKYphoto of ANDY MOLINSKYAgapi Andy Molinsky is a Professor at [Brandeis University’s International Business School](https://www.brandeis.edu/), with a joint appointment in the Department of Psychology. Andy received his Ph.D. in Organizational Behavior and M.A. in Psychology from Harvard University. He also holds a Master’s Degree in International Affairs from Columbia University and a B.A. in International Affairs from Brown University.  Andy’s work helps people develop the insights and courage necessary to act outside their personal and cultural comfort zones when doing important, but challenging, tasks in work and life. His research and writing has been featured in [*Harvard Business Review*](https://hbr.org/search?term=andy+molinsky)*,*[*Inc. Magazine*](http://www.inc.com/author/andy-molinsky)*, Psychology Today, the Financial Times, the New York Times, the Wall Street Journal, the Boston Globe, NPR* and *Voice of America*. Andy was awarded as a [Top Voice for LinkedIn](https://www.linkedin.com/pulse/linkedin-top-voices-2016-10-must-know-writers-maya-pope-chappell) for his work in education. His first book, [*Global Dexterity*](https://www.andymolinsky.com/book/global-dexterity/)*(Harvard Business Review Press, 2013)*, received the Axiom Award (Silver Medal) for Best Business Book in International Business & Globalization and has been used widely in organizations around the world, including Boeing, AIG, the US Air Force Academy, and the Clinton Foundation, among others. His new book [*Reach*](https://www.amazon.com/Reach-Strategy-Outside-Challenge-Confidence/dp/0399574026/ref%3Ds9_simh_gw_g14_i1_r?_encoding=UTF8&fpl=fresh&pf_rd_m=ATVPDKIKX0DER&pf_rd_s=&pf_rd_r=MC6XWWTQAW99S5JDX4NE&pf_rd_t=36701&pf_rd_p=781f4767-b4d4-466b-8c26-2639359664eb&pf_rd_i=desktop) was published with Penguin Random House in January 2017, and his newest book [*Forging Bonds in a Global Workforce*](https://www.amazon.com/Forging-Bonds-Global-Workforce-Camaraderie/dp/1265212333) with McGraw Hill comes out in February 2024. He teaches, consults, and lectures widely to university and corporate audiences. |

## BREAKING THROUGH YOUR COMFORT ZONE

RESEARCH-BASED STRATEGIES FOR PROFESSIONAL GROWTH

WITH

ANDY MOLINSKY

MAY 21, 2025

Do you find yourself hesitating to take on high-stakes presentations, avoiding difficult conversations, or passing up career-advancing opportunities? Whether it's speaking up in executive meetings, giving critical feedback, or pursuing a challenging promotion, most professionals face moments that push them beyond their comfort zones – yet few have the tools to navigate these challenges effectively.

Drawing from his book, *Reach*, and extensive research across multiple professions, Professor Andy Molinsky explores why stepping outside our comfort zone is such a universal challenge—and shares practical strategies for doing it successfully.

Through real-world case studies and academic research, you'll learn specific techniques that professionals use to push past their limitations and take on challenging situations with greater confidence.

### PARTICIPANTS WILL LEARN:

* Why stepping outside our comfort zone is fundamentally challenging. Discover the psychological and emotional factors that make us resist change, including the fascinating interplay between our desire for growth and our need for security.
* The hidden ways we avoid pushing our boundaries. Explore common avoidance strategies and self-limiting behaviors that keep us trapped in our comfort zones, and learn to recognize these patterns in your own professional life.
* Key success factors that set achievers apart. Uncover research-backed insights into what enables some professionals to successfully push their boundaries while others remain stuck, and learn practical techniques you can apply immediately in your own career.

#### PREPARING FOR THE LEADERCAMP

The Leadercamp Guide can be used as a tool for facilitators and participants to get the most out of a Leadercamp experience. It includes an overview of what will be covered in the Leadercamp, information about **Andy Molinsky**, and suggestions for different ways you and your team can learn together or individually. Each guide concludes with application and reflection prompts to apply what you’ve learned.

##### About This Guide

This guide will help you prepare for and facilitate the program ***BREAKING THROUGH YOUR COMFORT ZONE: RESEARCH-BASED STRATEGIES FOR PROFESSIONAL GROWTH***. The purpose of this guide is to help you generate a dialogue among participants and apply key concepts from the presentation to your own learning objectives. The guide can be leveraged effectively for both large and small groups.

##### The Audience

This program is for executives, managers, supervisors, and line staff. Ideally, the materials should be presented in a group setting, where the responses of others can be discussed and shared.

##### Watch As a Team

Prior to the Leadercamp, Zoom links are set up in Percipio. To host the Leadercamp for your team with Zoom, click on the Zoom link for the Leadercamp so that it’s ready to start on your screen. Then start a Zoom meeting, share your screen, and when you get asked what you want to share, choose the browser window with the Leadercamp ready to play. Select **Share** and enjoy! Be sure to contribute to the discussion in the chat feature.

##### For Individual Viewers

Watching alone this time? No problem. Click on the Zoom link in Percipio for the Leadercamp and begin watching. Get the most out of the event by participating in the conversation via the chat feature and by taking notes. And don’t forget to ask any questions you may have during the Q&A session.

#### APPLY WHAT YOU’VE LEARNED

Answer these questions to reflect on the Leadercamp and reinforce the ideas, practices, and strategies you’ve learned.

What are some instances in your professional life where you have felt outside your comfort zone, and how did you navigate those situations?

Can you identify any self-limiting behaviors or avoidance strategies that you have recognized in yourself after attending the Leadercamp?

How can you apply the key success factors discussed in the Leadercamp to your current professional challenges or goals?

In what ways do you think understanding the psychological and emotional factors behind stepping outside your comfort zone can help you in your career progression?

****Can you share a specific technique or strategy from the Leadercamp that resonated with you the most and explain how you plan to implement it in your professional life?

Have you noticed any patterns in your behavior that may be keeping you within your comfort zone? How do you plan to address these patterns moving forward?

How do you plan to share the insights and techniques you've learned at the Leadercamp with your colleagues or team to foster a culture of growth and development within your organization?