

The background of the image is a close-up of a vibrant campfire. Large logs are visible, partially consumed by intense orange and yellow flames. The fire is dynamic, with flames leaping upwards and sides. The overall atmosphere is warm and energetic.

Action Time

"non loqui sed facere"

What is Firewalking?



Why Firewalking?

⚓ Cast Your Anchor

We all get into situations which cost us a lot of energy and strength. In those, You can recall the energy charged atmosphere of a Firewalk, because memories that are linked to emotions, remain much stronger in our consciousness. If You master the Firewalk, You will realize all that is possible, on what You have doubted so far.

🚀 Catalyze Your Motivation

Attain sustainable energy and motivation to master the upcoming challenges in professional and private life through new inspirations and impulses. The Firewalk is Your catalyst for the realization of Your ambitions. Get started with an energized force!



Burst Your limits

The Firewalk is a metaphor for all fears, limitations and barriers that surround us every day and prevent us from fully exploiting our potential. Through a Firewalk we learn how to master these obstacles and that the fear of the fire is the same fear that keeps us from doing things and realizing dreams that can change and improve our lives.



Strengthen Your team spirit

Ignite Your team spirit with a Firewalk. This emotionally intense event binds You together! It also inspires mutual exchange and strengthens communication and trust. We assure You that there is no comparable tool that promotes Your personal development so strongly and Your group cohesiveness in such a short time .

Cooperation opportunities 1/2

- Extreme seminar formats as these daily change the company landscapes at a phenomenal rate. Forward-thinking companies like Remax, AT & T, Microsoft and Coca Cola focus on Firewalk seminars as a matter of conviction and thereby motivate and inspire their employees. Those sustainably support the companies to achieve a more productive and efficient working environment. Many of the leading decision-makers in the world have understood the rapid efficacy of Firewalk seminars and walked themselves over the hot coals.
- The aim of these unique and innovative seminars is to create an atmosphere that challenges Your team beyond its current borders and this will help to break through mental barriers which may currently discourage the exploitation of its full potential. These programs are designed to achieve a lasting effect by reinforced team spirit, mutual support and increased focus. All of these factors help You to prevail in today's globally competitive markets and to achieve the desired success.

There are many ways to arrange a corporate Firewalking event. You have the option to set the focus. We mainly distinguish between three types of events:

- Standard Program
- Team and communication oriented program
- Personality developing program

Cooperation opportunities 2/2

	Focus	Description	Participants
Standard	<ul style="list-style-type: none">▪ Teamwork▪ Communicational and decisive skills▪ Mastery of Your (unfounded) fears	In this program all areas are equally represented; it offers a great diversity of mental exercises, whereby there is no intense focus.	 15 - 50
Team & communication	<ul style="list-style-type: none">▪ Team spirit▪ Communication▪ Synergies	As far as our experience goes, this option is the best for corporate events. It particularly promotes team spirit and communication.	 25 - 50
Personality development	<ul style="list-style-type: none">▪ Self – development▪ Self – awareness▪ Mastery of Your (unfounded) fears	At this seminar You will learn mental techniques and methods, which you can apply in Your everyday life to get where you want to be personally.	 10 - 15

Have we awakened Your inner fire? Send us Your request (with the number of participants, focus and the desired program) to info@honeggerbauer.com. We are highly delighted to hear about Your individual suggestions .

 Day's Programme

14:00	Welcome & Kick-Off
14:30	Historical and physical background of the Firewalk
15:00	Thought experiment
15:30	Mental preparation for the Firewalk <ul style="list-style-type: none">▪ Smashing wooden boards with bare hands▪ Breaking arrows with the neck▪ Stage diving & Floating Islands▪ Bending iron bars▪ Walking on shards of broken glass
18:30	Build-up and ignition of the fire
19:30	Dinner (BBQ – Catering)
21:00	Firewalk
22:00	End of Firewalk & Get-together



References. Voices.

"Dear Milo, dear Manuel,

Thank You so much for the realization of an unforgettable summer event!

Nobody has ever led me over my limits in such a charming way!

Breaking arrows with the neck, smashing a wooden board with bare hands, walking barefoot over broken glass and then over hot coals... All of the 150 employees participating at this event would have sworn to do none of these things. With the highly competent instructions and support of You, however, all made the previously unimaginable possible. Many thanks for that, You have created a sustainable memory and given the impossible a chance."

Simone Düsing, Head of HR Switzerland, Synlab



Who are we?



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Manuel Bauer

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Honegger \wedge Bauer
Firewalk

GbR with Manuel Bauer, Milo Honegger
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