

Alon Ulman an expert in going beyond limits and peak performance. He guides the leading organizations in Israel for outstanding results. Alon Ulman turned his persistence and going beyond his physical and mental limits into a source of inspiration for others.



A few years ago Alon was on the verge of death, when he twice survived a rare occurrence of a collapsed lung, an event that later on resulted in the removal of part of his left lung. He understood that if life had given him such clear boundaries, he had to try and stretch them a little. The moment he realized that he could die and his career was in ruins, he started living life to the fullest. He turned his persistence and going on beyond his physical and mental limits to a way of life.

He passed a period of rehabilitation and with tremendous determination, began competing in the "Iron Man" competitions. This competition is one of the toughest competitions in the world, it includes a 3.8km swim, then a 180 km bike ride, and to finish off, a 42.2km marathon.

### Who is Alon Ulman?

Alon (everything is possible) Ulman is: is the CEO of "BYOND LIMITS", he guides teams and organizations – that lead in their own fields – for going beyond limits for outstanding results. Alon is a sort-after lecturer and facilitator, who is a source of inspiration and knowledge to many for achieving the "impossible" and transforming their lives, (relationships, careers, finances, health, time and well being) to the next level.

Happily married with three children, a Naval (Reserve) Lieutenant Colonel with abundant on hand experience in leadership. He was a commanding officer of navy missile boats, Chief Instructor of the Israeli Naval Officers Course, a senior instructor of the Officers College and Headquarters and an academic graduate, with honors, of the British Royal Navy.

BA in Economics with distinction, MBA in Business Administration with distinction, a Master Coach. active within the community for over a decade, a member and former chairman of the "Round Table".

### "BEYOND LIMITS FOR OUTSTANDING RESULTS"

best-selling lecture!

In his stirring and most sort after lecture "Beyond limits for outstanding results" and after he experienced the hardest times of his life, and brought them to unbelievable growth, Alon places his experience, cutting edge and personal knowledge from all over the world, to the benefit of individuals and organizations that are asking to go beyond their limits and redefines what is possible for them today.

Alon purveys the recognition and inspiration that everything is possible for us, and only WE are fully responsible to make it happen. What stops us, what holds us back and how to fulfill our personal and professional dreams for individuals and companies who dare.

#### You will get:

- A breakthrough in the participants awareness as to what is possible for them and their company
- Momentum of motivation towards a personal and company breakthrough
- Tools and insights that will help achieve courageous goals
- Reignite the flame from within, and to provide the energy and inspiration to take the first step

#### You will be revealed to:

- Fulfilling dreams - achieving courageous goals. What does it demand from us?
- The voyage towards the goal - how do you take that leap?
- Our limitations - what limits me and my company, who determines them, and how can we go beyond them.
- What stops us - unlock what is stopping you
- The code for turning difficulty and crisis into success and opportunity, and the ability to chose
- "We are living in a movie" - Who writes the script that guides our lives (personally and professionally), and how do we write it?
- Winner's code - Systematic way of how successful people think and act.

Most suitable for organizations that are ready to reach courageous goals and to go beyond limits for outstanding results and redefine what is possible for them.



Ironman - Austria 2007

This is the time to encourage your workers and management staff to give their all, and to prove to them that you are obligated to their progression and success.

This is the time to give them the perceptions and tools they need in order to grasp these challenging times in order to create significant results.



#### Other activities:

- "Beyond limits for outstanding results" (workshop/lecture)
- Leadership - great leaders -great teams, -great results
- The team - a unique seven month process-oriented workshop to assemble a team of experts in the company that leads to going beyond limits for peak performance.
- Winners Code - a three day workshop to take your personal life and / or business to the next level and how to systematically become a successful and "lucky" person in all fields of life.

Alon Ulman - Beyond Limits

Office: 972- 545-800140 • 972-4-8343867  
info@alonulman.com • www.alonulman.com



**Alon  
Ulman**  
Beyond Limits

The impossible exists only in dreams,  
and dreams are meant to be fulfilled



Ulman Alon, Ironman 2007