

HORSEplay

AN INDIVIDUAL OR GROUP EXECUTIVE COACHING RETREAT

What to Expect

10:00 to 10:30

Your day will start with an introduction to your coaches along with an orientation of the facility.

10:30 to noon - **Time with the Horses**

You are invited to interact with a horse, experiment with your own non-verbal skills, shifting attitudes and body language, only engaging as closely as your comfort will allow. Unlike most humans, horses excel at nonverbal communication. Their survival has depended on being extremely sensitive to small gestures, eye movement and expressive energy. The way horses respond to our body language makes them uniquely suited to teach us that our non verbal actions speak louder than words.

This hour and a half of experiential learning will leave you with a renewed sense of confidence and increase your awareness of self. The subtle shift in this awareness is a powerful tool you will be able to carry forward into meetings and relationships .

Engagement with the horses is geared to your experience.
No prior equine experience necessary.

Noon to 12:30 – **Lunch**

A healthy lunch will be provided with consideration to your preferences. During lunch, you will discuss your morning experience with your coach.

12:30 to 3:00 – **One on One Coaching**

Partner with your coach to focus on your immediate concerns. Choose an area you wish to explore from the topics listed below.

A two and a half hour program will be created to address your needs.

- Personal Vision
- Goal Setting
- Strategic Planning
- Communication Skills
- Relationship Building
- Improve Team Dynamics
- Focus Area of Your Choosing

All sessions are confidential.



HORSEplay

This five hour coaching retreat is the perfect opportunity to get away from day to day schedules and expectations in order to focus on development of self as leader, improve communications for the individual or team, and renew your passion for work.

The retreat is customized to meet your unique needs.

WHO CAN BENEFIT....

Executives, managers and teams who want to strengthen communication skills, clarify personal vision, set priorities, prepare action plans and explore possibilities.

YOUR LEADERS AND COACHES

Susanne Friedl, www.AmaniAcres.ca

Tracy Currie, www.StudiofortheInnerVoice.com

Location: 160 Jerseyville Road, Brantford, Ontario N3T5M1

CONTACT

519-274-0799