

“Leading with Impact and Authenticity”

“Connecting to your Inner Wisdom”

Tuesday 28th April 2015
9.30am – 5.00pm

**The Old Dairy, Bunkers Hill Farm, Moulton Road, Pitsford,
Northamptonshire NN69BB**

“Be who you are in every situation” - Michael Johnson

Horses for Courses® and Aurora are showcasing our unique approach to developing leaders.

Join us to explore:

- **The impact you have as a leader and how to be more consistent**
- **How to lead and engage others authentically**
- **How you physically communicate your intention to others**
- **How to consistently deliver the message you intended.**

This one day workshop combines equine facilitated learning with somatic practices to help you experience your impact with others and gain unbiased feedback. You will have the opportunity to learn and practice techniques that help you create the impact you want.

Leadership today is not about command and control; it’s about connecting and engaging with others. However, to engage with others fully, you have to know yourself first so you can be authentic in your actions. Horses have an uncanny knack of revealing our deeper intentions and fears. Due to their social and hierarchical nature they will only follow when they perceive you to be a trustworthy leader. You will receive very honest feedback from the horses as to how impactful a leader you really are! The somatic exercises will allow you to practice with each other to:

- Have a **greater presence**,
- **Build trust** and
- Be more aware of your **personal power**.



The day is highly interactive and experiential. You will be guided through the day by skilled facilitators and will walk away with:

- Feedback on how you come across as a leader
- How to be more consistent in your communication even when under pressure
- Specific exercises that you can continue to practice to develop your personal impact and presence
- Tools that are applicable inside and outside the workplace

After a welcoming coffee, light breakfast and a brief introduction in the training room of this delightful converted barn, you will have the opportunity to learn and practice some techniques. You will then evidence how impactful your leadership is through working with the horses. Refreshments will be served throughout the day including lunch.

Who should come?

Whether you are an experienced leader or just starting out on your leadership journey, a leader of many or simply yourself you will benefit from this workshop.

How do I book?

The investment in our one-day programme is £400.00 plus VAT per participant. Places are limited to 12 and will be allocated on a first come first served basis.

Contact Lisa Brice at lisa@horsesforcourses.co.uk or Dawn Bentley at dawn@aurora4success.co.uk for more information and to book.

Horses for Courses® uses equine assisted experiential learning techniques to raise personal awareness of core interpersonal skills. Horses are prey animals and humans are predators. Our hardwiring is completely different. Mastering how we can find a common ground for understanding and communicating opens up the dynamic opportunity for learning how to communicate with anyone in any given circumstance. www.horsesforcourses.co.uk

Somatic coaching is fundamentally about how you 'show up' as a leader. It is sometimes referred to as embodied leadership. Our bodies are a mirror of who we are, reflecting how comfortable we feel in our own skin. Over 50% of how we communicate is through our physiology. How we react to situations will be displayed physically quicker than our thoughts. Somatic practices will help you embody new actions and ways of being in the world, grounding you in your authenticity and bringing a greater leadership presence.

