



Conscious Leadership

# THE PATH TO AWARENESS AND WELL-BEING WITH HORSES

## 2-DAY LEADERSHIP DEVELOPMENT WORKSHOP



### Experience greater self-awareness and compassion to create healthy, thriving organizations

This 2 day workshop is an inner journey to explore the conscious leader within you, connecting to your inner self, others and nature, building skills in authentic and compassionate leadership through:

- Equine Facilitated Learning
- Mindfulness and Contemplative Practices
- Coaching on Personal Values, Self-Expression, Connection and Contribution

The aim of the workshop is to develop conscious compassionate leaders who:

- Lead with authenticity and integrity
- Use the intelligence of head, heart, and hand
- Are mindful of self and others, practicing self and social awareness
- Cultivate healthy and meaningful relationships
- Empower people to reach their full potential
- Act in service of the common good



Magic happens when we co-facilitate with horses and work together using an invitational approach. The beauty in working with horses is they see past our baggage, and help us to connect with who we really are, our authentic selves. When we have a clearer vision of ourselves, the world takes on a whole new perspective. We make better decisions which has a positive impact on the world around us.

**Outcomes of this approach:**

- Authenticity and congruency
- A deep sense of wellbeing
- Reduction in feelings of stress, anxiety and depression
- Healthy relationships and connectedness
- Greater self-responsibility
- Permission to feel and express emotions
- New personal insights
- Positive life-affirming attitudes

We believe in the power of a small group connecting and working together. Building team cohesion and trust.

Training the mind in contemplative practices helps leaders cultivate positive inner qualities by shifting perception inward, focusing the attention intentionally by fostering:

- Emotional intelligence
- Mental clarity, peace of mind and wellbeing for all
- Empathy, compassion and the power of caring

***Participants learn how to consciously use their bright beautiful minds in service of their wise compassionate hearts!***



**TESTIMONIALS**

*“I leave today with well-being thanks to the talented facilitators.”*

*“Greater awareness now for the reciprocal relationship necessary for connection.”*

*“Really fabulous experience. Genuinely made me take a closer look at how my own thoughts/behaviors affect others and reflects back on me.”*

Join us on Friday May 31 - June 2 , at Riders Lodge, Johor - Malaysia, a perfect natural getaway from busy Singapore. No prior experience with horses is necessary. Fee includes accommodation, vegetarian food, course, material and transport.

For more information and registration:

[www.CultureLeadershipGroup/events](http://www.CultureLeadershipGroup/events) | Contact us: [joanna.barclay@clg-ap.com](mailto:joanna.barclay@clg-ap.com) +65 8629 8815

Fees - SG \$1,200, Includes: Course, Materials, Transport, 2 Nights Accommodation, Afternoon/Evening Light Snacks, 2 Breakfasts, 2 Lunches and 2 Dinners