



**Be True  
Be Authentic  
Be... *You* !!**

## Leading Edge *Life* Skills Authentic *You* Teen Retreat

*'Just be yourself. Let people see the Real, Imperfect, Flawed, Quirky, Weird, Beautiful and Magical person that you are'*

We know that life as a teen isn't always easy. Our retreats are designed for high school aged girls. They provide a relaxed, inclusive (and fun!) environment for young women to:

- Build self-confidence and self-awareness
- Find their 'inner leader' and develop their 'voice'
- Develop communication and interpersonal skills
- Learn how to overcome challenges
- Embrace positive change
- Understand and value healthy boundaries
- Find opportunities for creativity and innovation

Participants work alongside our magnificent horse 'teachers' in groups of two or three with one horse. Together, through positive interaction and teamwork, they tackle activities providing opportunities for personal growth. All activities are ground based, there is no riding in our programs.

### **Why Horses?**

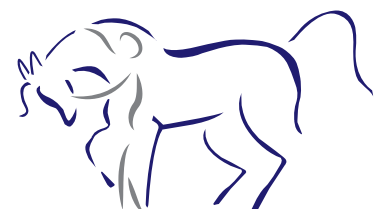
- Horses don't judge
- Horses don't lie, their feedback is honest and instant
- Horses instill empathy and kindness
- Horses teach us about trust, respect and authenticity

**For more information and bookings:**

**[leadingedgelifeskills.com.au](http://leadingedgelifeskills.com.au)**

### **The retreat includes:**

- Small, safe and supportive group environment
- Hands on sessions with our magnificent horses
- Self-awareness and empowerment activities
- Daily morning / afternoon tea and catered lunch
- Teen 'guide to success' journal and gifts
- Two days of fun, networking and unforgettable learning!



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