



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

## **Leading Edge *Life* Skills** **Authentic *You* Women's Retreats**

### **Are you looking for:**

- Passion and balance in your personal and/or work life?
- Tools and inspiration to move forward with power and self-belief?
- Stronger leadership and communication skills?
- Skills to survive and thrive through life's inevitable challenges?

**Join a group of like-minded women on an empowering journey, learning to move forward in life with courage, joy and authenticity.**

Real, sustainable change comes only when you discover the answers yourself. Our retreats give you the guidance and support to find your own self-truths.

**How?** Our unique approach harnesses the immense power of horses. Over two days, your four-legged 'team mates' accept you without judgment, concern for your history or preconceived ideas of who you are. They respond to your energy, intentions, actions and body language. If you are brave enough to really 'listen' to their unique feedback, horses provide powerful insights into who we really are. When we know our starting point, we can focus on building the skills we need to thrive.

### **Your retreat includes:**

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

**For more information and bookings:**

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

