



**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 'teammates' 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.

**No prior horse experience necessary – no riding – participants partner with their horse from the ground**

**For more information and bookings:**

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

### Your retreat includes:

- Small and supportive group environment
- Four hands-on sessions with our magnificent horses
- Communication, self-awareness and empowerment activities
- Meditation and mindfulness education and practical session with an expert coach
- Daily morning and afternoon tea, catered lunch, evening grazing table and champagne
- Authentic You journal and gifts
- Two days of fun, networking and unforgettable learning!

