



**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 workshops 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
- Develop their 'inner leader' and find their 'voice'
- Build communication and interpersonal skills
- Understand and value healthy boundaries
- Learn how to overcome challenges and embrace positive change

Participants work alongside our magnificent horse 'teachers' in small groups with a horse. Together, through positive interaction and teamwork, they tackle activities providing opportunities for personal growth.

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

### **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 workshop includes:**

- ✓ Small, safe and supportive group environment
- ✓ Four hands-on sessions with our magnificent horses
- ✓ Communication, self-awareness and empowerment activities
- ✓ Daily morning and afternoon tea
- ✓ Authentic You gifts and give-aways
- ✓ Two days of fun, friendship and unforgettable learning!



**Leading Edge  
*Life* Skills**