



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

## Authentic You Women's Wellbeing Retreats

### Are you looking for:

- Passion and balance in your personal and/or work life?
- Tools and inspiration to move forward with power and 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.

**"I have spent the last two days within an awesome container of support, love, learning, inspiration and friendship. The experience of learning with horses was nothing short of mind blowing!"**

*Nerida, previous participant*

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

**[info@lepd.com.au](mailto:info@lepd.com.au) ~ [leadingedgelifeskills.com.au](http://leadingedgelifeskills.com.au)**

### Retreats include:

- Small and supportive group environment
- Powerful equine enhanced experiences with our magnificent horses
- Communication, self-awareness and empowerment activities
- Meditation and mindfulness practical sessions
- Catered lunch, morning & afternoon tea, grazing table and champagne (if that's your thing!)
- Authentic You journal and gifts
- Two days of fun, networking and unforgettable learning!





# Leadership *Your Way*

## Empowering Women ~ Empowering Workplaces

### Women in Leadership

**Our dedicated Women in Leadership programs empower women to move forward in their professional lives with courage, awareness and authenticity.**

Through a unique blend of experiential learning and leadership theory, our programs support participants to identify and build the capabilities needed to take their leadership skills to the next level.

**How?** Horses require clear, confident and authentic leadership and communication. When we work alongside them, they highlight these capabilities in us. Their honest, immediate and non-biased responses provide invaluable insights and the opportunity for incredible growth.

We offer several options including individual, group and retreat style programs and work with a range of women's groups including:

- Executive Leaders
- Key Talent / High Potential Individuals and Emerging Leaders
- Women's Networks
- 'Returnship' Programs and Individuals re-entering the workplace

**"Horses demand humility, vulnerability, authenticity, and profoundly draw out many of the characteristics that embody strong leadership"**

Amanda Newton, Head of Sales and Marketing (RoW), Intuit

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

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### Programs include:

- Small and supportive group environment
- Powerful equine enhanced experiences with our magnificent horses
- Communication, self-awareness and empowerment activities
- Exclusive TeachingHorse™ workbooks
- Catered lunch, morning & afternoon tea
- Fantastic networking opportunities
- Corporate gifts and photos

