

The Nature of Courageous Change workshop: Moving through Challenge, Staying Calm in Crisis, Transforming Trauma



A one day workshop for those moving through challenging life events and for professional who support people to move through life's challenging times through presentation, dialogue and experiential learning with horses and nature.

Sunday October 27 2024, 9:00 am-3:30 pm

Location: Pebble Ledge Ranch, Novelty Ohio

Facilitators: Jackie Stevenson and the spirit of leadership team and herd

Join us on a journey guided by horses and nature to

- Enhance your natural ability to reclaim your life following adverse events, times of challenge and overwhelming experiences*
- Pause from your fast paced lives to listen from within at the crossroads of important life decisions*
- Learn to rebalance and re-center from life dilemmas that cause you to be off center and unbalanced*
- Explore moving forward through uncertainty and crisis from a more confident, calm and embodied place*
- Strengthen your capacity to manage expected and unexpected life changes and stressful life events with resiliency toward a life well lived*
- Transform crisis into wisdom*

Fee: \$135.00, limited scholarships available, 4 BCC CE's

Contact Jackie for registration or information jacalynstevenson@gmail.com
www.spirit-of-leadership.com



Try Something Different

Horses Challenge Us to be Our Best

- Horses are remarkable teachers of leadership relational development. They have an amazing ability to resonate with our true emotional intelligence, offer a 360 perspective and reflect back to us our authentic self.
- We learn from the herd to create a community of purpose, expand our humanity and to create the best possible conditions for a positive future to emerge and then be there to greet it.

Inspiring Professional Development

- People partnering with horses for action-based discovery focused in the moment, learning experiences relevant to real time issues and authentic work situations.
- Powerful experiential and accelerated knowledge opportunities whereby personal insight learned information and skill development is immediately internalized.
- Horses can bring a high degree of chaos and unexpected change. We learn to summon moment to moment calm, strength, focus, respect, and trust to maintain a mutually safe and beneficial working relationship with the horse - all skills essential for engaging people.
- Engaging with horses in focused and reflective activity challenges us to learn *how* to think rather than *what* to think. Horses offer immediate feedback about our presence, emotional intelligence, and embodied language

Be prepared to; be safe, discover something meaningful to you and have fun

