



*Summer 2026
Lakeport, CA*

Lead Inspired Presents
Embodied Intelligence
An Equine Assisted Coaching Workshop

This experiential workshop invites you into the field of equine-assisted coaching, where horses serve as powerful partners in developing awareness, congruence, and embodied leadership. Through guided somatic practices and interaction with horses, you'll explore how your body's conditioned patterns and presence shape the way you lead, connect, and make decisions.

At the core is embodied intelligence—the ability to access and trust the body as a source of insight and guidance. Moving beyond cognition alone, this approach engages the full range of our intelligence to support more intentional, aligned, and effective action.

**What You'll
Experience**

- Somatic (body-based) coaching practices to deepen self-awareness
- Grounded, experiential exercises with horses (ground only, no prior horse experience necessary)
- Real-time feedback that reveals subconscious patterns and beliefs
- Practices that build emotional intelligence and support intentional, effective action

Includes workbook, lunch, and a one-hour individual coaching session, scheduled at your convenience following the workshop.

Register at 707.349.3777
Leadinspiredlife.com