

Communicating for Connection Workshop Series

Sundays - April 13, May 4, and June 1, 2025 from 9:00 - 5 pm

Location - Heron Bay Stables at 2675 64 St, Ladner Delta, V4L 2N7

604.999.8071 michelle@bridgecoaching.ca

Non-Riding Experiential Learning With Horses

Both horses and humans rely on communication to keep safe, get needs met, express emotions, and connect. As relational beings, communication is essential to our growth, development and experience of a life well lived.

What are the challenges in communicating for connection?

1. We form unconscious beliefs in the attempt to make sense of our experiences and then unknowingly engage with life from these patterns, which either join or separate us.
2. The tools and skills needed for higher level communication are not often taught or modelled so we are left with social default systems that may not work well for us as we grow.

How can we choose to get better at communicating for connection?

1. Learn tools and develop skills that support more of what you want, in a good way.
2. Discover underlying blocks that no longer serve you and start new patterns now that make it much easier to use your new tools and skills.

Come learn to more easily experience connection, navigate relationships, negotiate conflict, and benefit from experiencing positive changes during these workshops and beyond. No horse experience needed!

Each day includes small group learning, interaction with horses, practice, tools and other take aways to move forward with! Join us for the entire series to enjoy the greatest impact in your personal and professional growth, or begin with single Workshops.

series

all three workshops for
\$900 + gst

workshop

single workshops for
\$340 + gst

details

includes refreshments,
lunch, and workbook



April 13 **Non-Verbal** **Communication**

Listening for
understanding



May 4 **Verbal** **Communication**

Speaking for influence



June 1 **Connection**

Harmonizing intention &
action in relationship