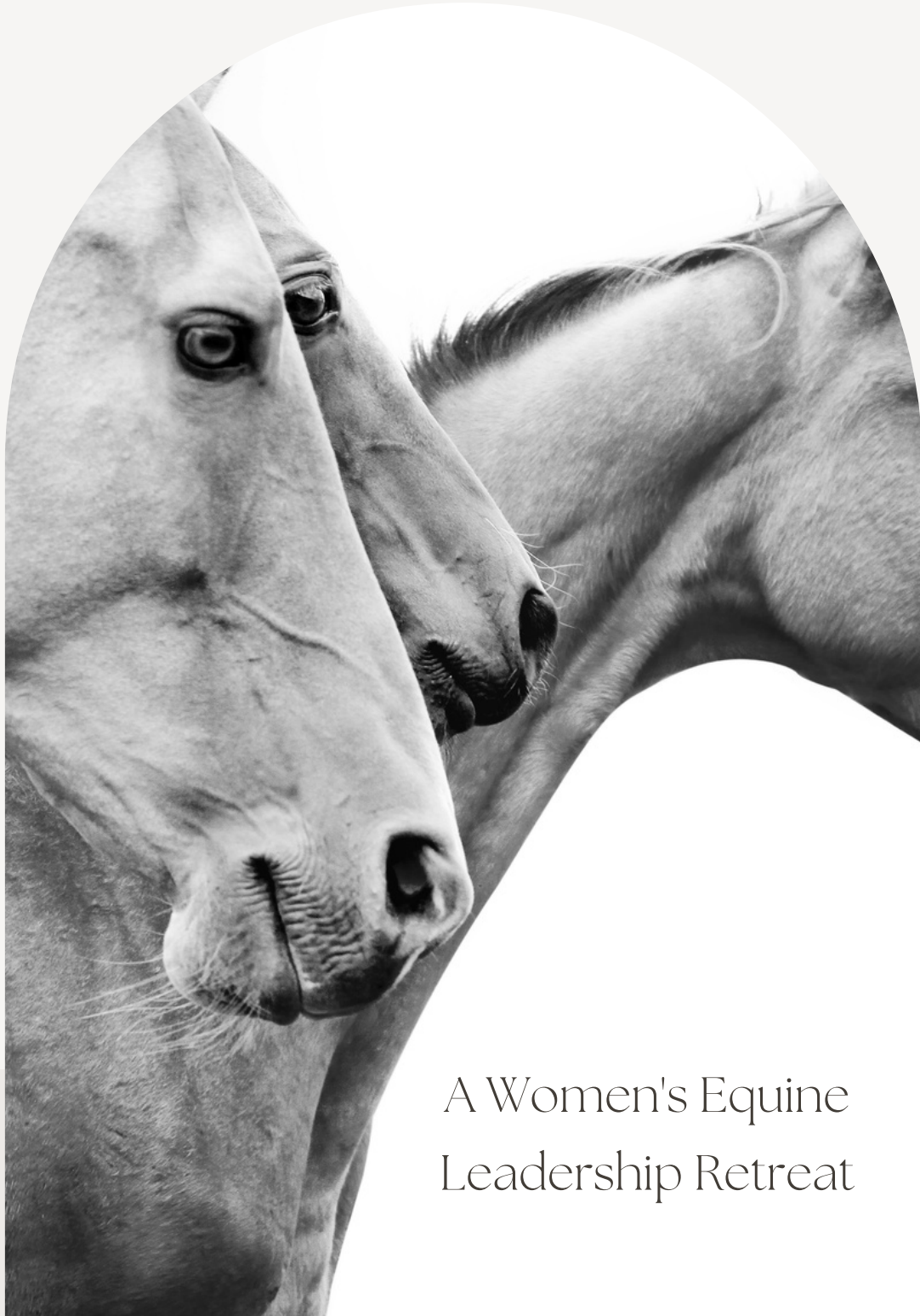


I am. She is.
We are.



A Women's Equine
Leadership Retreat

PINE KNOLL FARM, LEXINGTON, KENTUCKY

OCTOBER 22-25TH 2023



FACILITATORS: DANI REDDER &
BRENDA CORBETT

PROGRAM OVERVIEW



Ignite your personal and professional life by attending the equine leadership retreat hosted and facilitated by leading authors, executive coaching educators, and mother-daughter duo, Brenda Corbett & Dani Redder. Designed uniquely for women executives, you will experience transformative growth and empowerment as we guide you toward embracing your authentic self and unleashing your full leadership potential. During this retreat, **you will master the art of staying true to self while developing powerful leadership skills in an ever-changing business environment.** Along with that, you will be immersed in the equine learning experience, advancing you on a level where the 'Impact on Business' is immediate and positively life-changing.

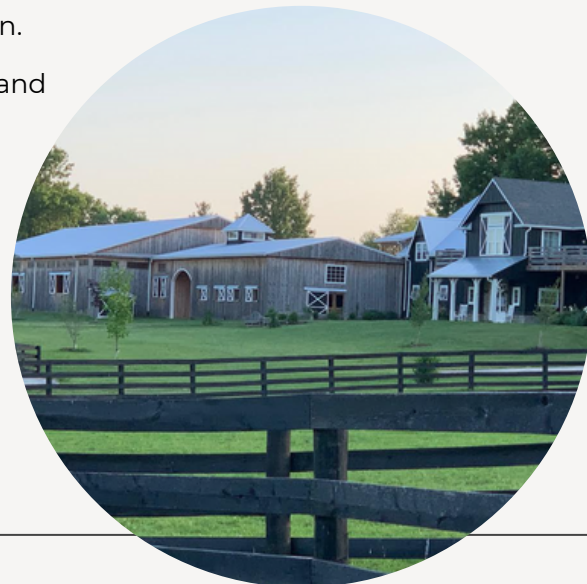
Our innovative equine-assisted coaching experience equips you with the skills necessary to:

- Overcome obstacles with poise and self-assurance.
- Create action plans for an integrated business life.
- Implement the concept of 'Taking care of me, taking care of others.'
- Build supportive networks and forge authentic connections.
- Fast-track your leadership journey by ensuring immediate and tangible Impact on Business: the new ROI for leaders (IOB™).

When given these resources, women in leadership will make accountability a force for good, ask great questions, and demonstrate **Executive Presence Traits** such as **Being Present, Clarity, and Humility.**

As an attendee, you will:

- Discover unique strategies for **effectively conducting coaching conversations** that will empower your team to grow into a cohesive powerhouse.
- **Learn how to master the art of conflict resolution** that will lead to a more productive and harmonious work environment.
- Understand and **manage the culture of relationships** within the workplace to foster an environment of improved communication and collaboration.
- **Learn the diverse communication styles** within your team and how to navigate interactions confidently and effectively.
- **Overcome the barriers** that get in the way of your advancement.
- Gain innovative **recognition and rewards strategies.**
- Learn what neuroscience tells us about leadership **behavior** and how to improve it permanently.



GENERAL INFORMATION



Objectives:

To become the optimal leader, one who communicates, connects and listens to their people. We will take a deeper look into the best-selling book, *Why It Matters*, which examines the driving force that motivates leaders and their teams. Paired with equine-assisted leadership activities to reinforce classroom learning, and examining Executive Presence traits, while adding in mindfulness and creative pursuits to bring these concepts to life.

Purpose:

Guiding life and executive decisions, influencing behaviors and establishing authenticity. Getting 'unstuck' in their business behaviors and leadership styles. Focusing on being present, being humble and kindness with clarity as a leader, especially after dealing with life after COVID.

Frequently Asked Questions

Q: What is Equine-Assisted Coaching and how will it help me as a leader?

A: Equine-Assisted Coaching is a powerful and effective approach to experiential learning that is designed to offer profound moments of self-discovery.

Q: Why use horses?

A: Horses are highly attuned to their environment and are sensitive to people's emotions. They can sense a person's feelings and offer immediate feedback about verbal and non-verbal communication. Horses are unbiased and non-judgmental, responding only to a person's intent and behavior. Therefore, their feedback is particularly valuable to the participants. Horses are social animals with their own personalities and will often engage with people to build a relationship.

Q: Do delegates need prior experience or understanding of horses to participate in this retreat?

A: No. *Delegates do not need any prior experience or knowledge of horses to participate.* There will be **NO RIDING** involved in the retreat. **Safety is our number one goal.** We will review the proper ways to interact with the ponies prior to engagement.

Q: What types of horses will delegates be engaging with?

A: Delegates will work with our miniature 'peace ponies,' engaging in experiential learning. The ponies' immediate biofeedback will allow delegates to understand what is really showing up in their unique leadership style.



GENERAL INFORMATION



Schedule and Structure:

Delegates meet for three consecutive days at a Pine Knoll Farm in Georgetown, Kentucky, staying in a remarkable bed and breakfast. We have held meetings in elegant hotels and in million-dollar board rooms with equal success. However, we find this environment provides the ultimate benefit of relaxation and focus. An introductory social event is held on Sunday night before the program begins. Three days of up close, personal development allows delegates to master exclusive content that has been endorsed by ten major universities.

Back at the office, delegates experience six coaching sessions over three months, working with an executive coach. This helps the delegate integrate their learning in their everyday life at the office and draw from their new-found network of supporters, formed at the retreat.

By including horses and ponies in uniquely designed learning exercises, an equine coach can observe non-verbal communication between the horse and the participant. The coach guides the session, translates what they see going on, and encourages the learner to be open and creative. Afterwards, the coach and participants debrief on the experience, discuss insights and look at next steps. This experiential approach to learning effectively provides understanding and retention of skills and ideas.

Benefits:

Working with horses and ponies like this allows the leader to be centered, humble and effective when hardships are thrown their way.

Some benefits include improved:

- Communication skills
- Self-awareness
- Relaxation
- Empowerment
- Interpersonal relationships
- Self-control
- Acceptance & closure regarding the impact of COVID-19
- Focus & concentration
- Happiness
- Self-worth & confidence
- Leadership ability
- Listening
- Presence
- Compassion



There is proven evidence that these sessions also decrease anger, loneliness, depression, alienation, and aggression in the workplace.



GENERAL INFORMATION



Guided by leading educators in executive coaching, participants will master the art of staying true to themselves while adapting to an ever-changing workplace environment. When women have the ability to coach themselves and their staff, when they know how to clearly articulate expectations, self-confidence and acceptance soar.

This Women's Leadership Retreat is highly interactive; with personalized attention to executive presence, mindfulness, and a long-term commitment for support from the Sherpa Library content and coaches.

Each day participants will have the opportunity to engage in a deeper understanding of executive presence, insights into their 'Why it Matters' motivators, creative activities and horse interactions.

This allows them to experience and engage all aspects of their mind, body and soul in each of the leadership activities.

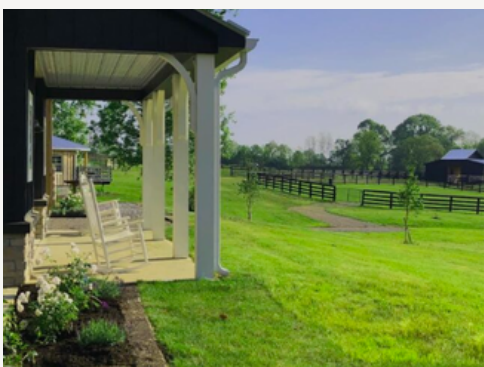
Activities included:

- 4 day, 3 night stay in luxury bed & breakfast with fully equipped kitchen, overlooking a world-class farm. The property is located 18 miles from Blue Grass Airport (LEX) & 75 miles from Cincinnati/Northern Kentucky International Airport (CVG).
- Group meditation, yoga and massage.
- Creative activities and supplies.
- Equine Experiential Leadership activities with the Peace Ponies.
- Welcome Dinner prepared by local chef, as well as 3 fully catered meals each day.
- Optional wine and bourbon tasting with a Certified Sommelier.

Price does not include:

- Airfare to and from Lexington, Kentucky (Please plan to arrive by 3pm on Sunday, 10/22 and depart by 12pm on Wednesday, 10/25).
- Transportation to and from airport.
- Optional activities during free time.
- Souvenirs/Shopping

Space is very limited! [Click here](#) to reserve your spot.



I AM. SHE IS. WE ARE.
A WOMEN'S EQUINE LEADERSHIP RETREAT

PRICING

PACKAGE

\$4995

- 4 days/3 nights Leadership Retreat
 - All meals and accommodations included.
- Six follow-up coaching sessions conducted by a Master Sherpa Coach.
- All materials and assessments included.
- All transportation needed for group activities.

Please pay a \$995 deposit & agree to the full payment plan terms OR pay in full by June 31st to receive 10% off the full payment amount.

Click [here](#) to reserve your spot.

