



Challenge U Presents

The Courage to Communicate

One Day Equine Experiential Learning Workshop

August 13, 2010

Communication is essential for effective personal and professional relationships. And yet, it is one of the toughest skills to master. Why? Perhaps because 55% of our communication is nonverbal. To be effective, it requires an awareness of what we are “not saying” with words. Horses are master communicators. So, isn’t it natural to learn from them how to better communicate? We think so. In this workshop, *The Courage to Communicate* speaks to an ability to say what we need to say, effectively, first knowing what the truth is and then speaking the truth.

Why Horses:

Domesticated horses retain the thought and behavior patterns of their nomadic ancestors. Interacting with these animals on their own terms encourages a fluidity of human thought, emotion, and behavior. Horses also model the strengths of what are often referred to as “feminine values”: cooperation over competition, relationship over territory, responsiveness over strategy, emotion and intuition over logic, process over goal, and the creative approach to life that these qualities engender. All work with the horses is done on the ground. ***This is NOT a horseback riding experience.***

This one day workshop will focus on:

Communication:

- Listening to all our internal and external messages
- Develop listening skills to truly trust the messages
- Speaking with energy, not words and how effective the non verbal really is

Boundaries:

- Explore the different types of boundaries: Personal, Financial, and Health - Learn how to set healthy, effective boundaries with yourself and others. If you can set a boundary with a 1000 lb horse, can you also do so with a boss, co-worker, spouse or child? Come find out!
- Energy fields and how to create a space to most effectively interact with both humans and horses.

Emotions:

- Explore the messages behind your emotions: the voice of your personal inner guidance. What if emotions are just information with the purpose to receive the message, respond, change and go “back to grazing”, just like our equine friends. Would your life be more peaceful, fulfilling, and content?

This workshop requires no previous horses experience and is appropriate for both non-horse and horse people.

Testimonial from the Courage to Communicate Workshop:



A week has slipped by since by equine experience. At all levels of my consciousness I continue to “know” today what I thought I knew before I meet a beautiful horse that will live in my heart through the connections of a few moments. When my coach asked me why I was walking backwards to lead the horse forward, I was caught doing something that I was completely unaware of. The horse was moving forward despite my physical posture. I learned that when I connect with other beings my focus, awareness, and sensitivity is for the other. Balance is so important for me and the other being. Moving into balance will enhance my health and the health of all relationships. Thank you for this insight at a level never experienced before and thank you for your gift of caring.
Rebecca, Partner in Bottom Line Results

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Date: August 13, 2010

Location: Fallbrook, CA (North County San Diego)

Investment: \$175.00 (discount to \$145.00 if register and pay by July 1, 2010)

Register Online:

**www.challenge-u.com/events.html
Accepting Visa, MasterCard, AmEx**

Contact the Challenge U Office:

**info@challenge-u.com
(760) 942-3539**

*Workshop limited to 12 people.
Upon receipt of registration, a Challenge U representative will
contact you regarding logistics, location and directions.*

