



MyHorsepower

# Have you herd?

latest news from MyHorsepower



**For the first time, individuals can discover the unique and transformational Leadership Horsepower experience which is already making waves in the corporate world.**

**The new MyHorsepower program has been tailored to help you learn about yourself and your relationships – straight from the horse's mouth.**

Ever wondered why people don't react to you the way you want them to?

Do you feel misunderstood?

Do you sometimes feel confused with no clear direction?

Do you feel like you're not tapping into your full potential?

Are you passionate about what you do?

If you answered yes to any of these questions, it's time to learn about 'emotional intelligence' and harness your inner Horsepower.

*"Emotional intelligence is the ability to monitor one's own and others' feelings and emotions, to discriminate among them, and to use this information to guide one's thinking and action."*

*Salovey and Mayer 1990*

## Discover MyHorsepower

In this 2-day intensive, our world-class facilitators partner with horses to provide you with 'real' feedback on how your behaviour affects others.

You will learn effective ways to perceive, use, understand and manage emotions. We focus on discovering your strengths and exploring areas for growth while helping you harness a wide range of personal and professional skills:

- emotional intelligence
- non-verbal communication
- assertiveness
- listening
- decision making
- conflict resolution
- creating productive relationships
- improving confidence
- persuasion and influence
- stress management
- clarity of mind
- living with purpose
- taking positive action

Through MyHorsepower you will gain the necessary insights and tools to create a clearer pathway through life and achieve the outcomes you desire.

**only  
12 places  
available  
book now!**

**Where:** Ridges, Caloundra & Palmwoods  
Sunshine Coast

**Cost:** \$650

**For upcoming dates call Stuart 0408 119 249**

harness the power of emotional intelligence