



"RELATE"

"Relationship Exploration & Transformation Workshop"

"RELATE is an experiential workshop that focuses on your relationship with yourself and others while increasing your happiness.

Do you Feel like you have no time for yourself? Keep repeating a negative pattern?

Support your friends all the time but not get any in return? Feel like everyone gets what they want but you? Can't find someone to make you happy? Have employees that just don't get things done? Feel like you have to follow-up to make sure things get done? Have difficult relationships?

Then it's time to grab ahold of the reins and make a change.

At the RELATE workshop you will learn how to improve the relationship you have with yourself, understand what gets in the way of the life you desire, how to create stability and happiness in your life, and develop healthier relationships with others. You will interact with and learn from other women along with nature's greatest teacher - the horse.

Leave your work, troubles, and obligations behind for an experience that will change your life! While engaged in a challenging, yet FUN environment, you will:

- Learn what boundaries are & how they affect your life
- Recognize what keeps you stuck in life
- Identify patterns that keep you from being happy
- Learn how to create & maintain healthy relationships
- Experience what balance in your life feels like
- Learn how to lower the stress in your life
- Experience the benefits of clear & consistent communication
- Learn to say "no" or "yes" & mean it
- Experience life lessons in a way you will never forget!



Open yourself to new possibilities, develop healthy behaviors that will increase the satisfaction in your life and your relationships.

Our professional staff and horse partners lead you through focused activities and discussions designed to heighten your awareness and increase your ability to take charge of your life and relationships.

NO horse experience is needed. This is not a riding course; no riding is involved and all activities are done on the ground. See what you might experience by watching our video at www.LeadershipEAD.com

Who should attend: Those desiring to make time for you, create happiness within, develop deeper & more intimate relationships, reduce stress, and learn how to communicate more effectively with others.

Workshop Details: October 21st 8 - 4 p.m. and October 22nd 9 - 2 p.m.
Held at LeadershipEAD, LLC farm in Northeastern Ohio

Includes: All materials, box lunch both days & snacks, interaction with the herd, an action plan to change what you desire, 1 follow-up coaching call and unforgettable learning.

Cost & Registration: Register today - Space is limited to 6 participants so you get what you need!
www.LeadershipEAD.com or Call 330-274-2693
All for \$395.00