"Boundaries"

"Boundaries" is an experiential workshop that helps make sense out of many of our struggles. Learn how to improve your relationships, understand the effects of boundaries in your life, how to create balance in your life, easy the stress of managing your time, communicate effectively and develop healthier relationships with others. You will interact with and learn from others 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 you
- Observe how poor boundaries keep you stuck in life
- Recognize patterns that keep you from being happy
- Learn how to create & maintain healthy boundaries
- Experience the benefits of clear & consistent communication
- Learn to say "no" or "yes" and mean it
- Experience what balance in your life feels like
- Learn how to lower the stress in your life
- Recognize how you relate to others and learn new ways
- Experience life lessons in a way you will never forget!
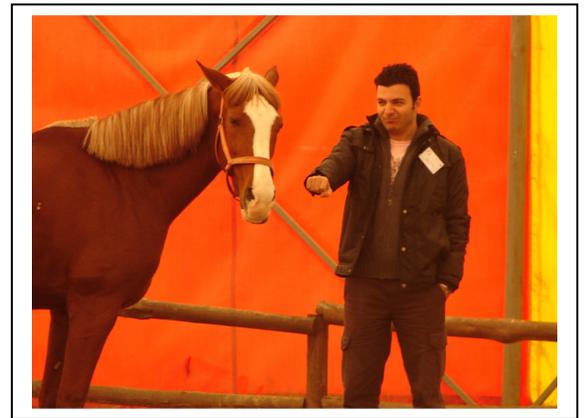
**Open to new possibilities...
develop healthy behaviors to increase the satisfaction in your life and relationships.**

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 create happiness within, deeper & more intimate relationships, self-care, reduce stress, and effective ways to communicate needs and desires to others.

Workshop Details:

    1 Day Public Workshops offered (see website for more information)
    Private workshops available for your organization at our facility or one near you.
    Customizable to meet your group's specific needs.

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