



# Executive Wellbeing Day

DISCOVER WHAT MAKES A STRONG TEAM OR PARTNERSHIP

WITH EQUINE LEARNING

REVEAL HIDDEN PASSIONS IN WORK AND LIFE

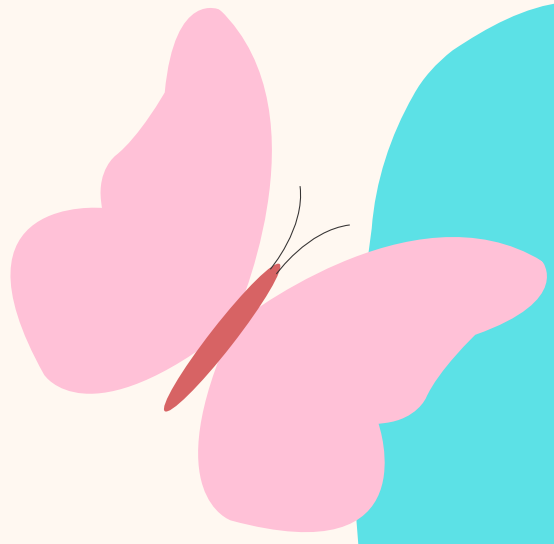
UNCOVER PERSONAL STRENGTHS

brought to you by  
The Wellbeings  
Foundation

0477 016 966



# We're going to transport you with a day of tranquility.



"WHO NEEDS A DAY OF WELLBEING?  
COMMUNE WITH HORSES, DEVELOP  
YOUR SELF-AWARENESS AND  
COMMUNICATION SKILLS.

"Spending time with these beautiful creatures was a deeply personal and profound experience. The non-threatening environment allowed me to open to insights about myself that have changed the way I show up each day in a positive way."

## Wellbeing Facilitation

Improve your soft communication skills by learning about "The Four Horsemen of the Apocalypse" (Gottman) with Bridget

## Equine Therapy

Learn from your experience with the horses about yourself. Grow in relational self-awareness. Bring your key question and find answers, with Willow



Build clear communication skills, develop team dynamics; connect authentically with others; consolidate your interpersonal skills understand what makes a strong team or partnership; cultivate social and emotional intelligence and discover your strengths.

The Executive Wellbeing Day is great for Executives and Solopreneurs. You will explore relational dynamics - such as between a boss and a PA, or you and your client. Couples will find this very illuminating. Who will you bring?

JOIN US IN BALHANNAH, YOU'LL NEED TO PROVIDE YOUR OWN TRANSPORT THERE AND BRING YOUR LUNCH.

REGISTER YOUR INTEREST NOW FOR FRI 12TH NOV OR SUNDAY 14TH NOV  
EMAIL [SUPPORT@DEVELOPMENTATWORK.COM](mailto:SUPPORT@DEVELOPMENTATWORK.COM) SAYING HOW MANY PEOPLE YOU ARE BOOKING FOR. 6 PLACES PER DAY ONLY.

WE WILL SEND YOU AN INVOICE. \$500 PER PERSON

