

BRING OUT YOUR INNER STRENGTH

How to be assertive in your role of Assistant to generate a proactive collaboration.

The aim of this workshop is to empower Assistants to get over the limits imposed on their profession, by making them aware of their strengths, their added-value, their skills and their ability to fill the gaps, at any time, with efficiency and class.

AGILE AND STRATEGIC

- Increase your **self-awareness**
- **Support change** and new ways of working
- Unveil the **power of your resources**
- **Express your skills** with confidence
- Show **courage** to take the necessary risks
- Listen to your **body, heart and intuition**



WHAT WILL THE HORSE TEACH YOU



NATURAL POWER

Take your place without aggressiveness while expressing your natural power



COMMUNICATION

Communicate clearly in any situation and bring constructive feedback with the correct timing



FREEDOM

Free yourself from your limits, fears and hindrances



SELF-CONFIDENCE

Rely on your skills and added-value to gain self-confidence



CONVICTION

Increase your power of conviction to stay focused in conflictual or difficult situations



COLLABORATION

Enlighten the workplace collaboration with creativity, respect and trust

HOW CAN THE HORSE BE A TEACHER

Learning through an interaction with a horse is a way to discover the power of full awareness. The horse does not care about your level of hierarchy. Its pray psychology urges him to seek for safety at all times and it therefore will only trust humans who communicate with authenticity and full presence. The horse gives you the opportunity to assess your degree of self-coherence, leadership and self-alignment.



WORKSHOP PROCESS

You won't ride the horses as all the exercises are made on land. No previous experience of the horse is required. At any time during the process, you will have someone besides you whom you can ask for help.

YOUR COACH

Anouk Silvestrini has over 20 years of experience as EA. She was able to bring together her passion for horses and her coaching activity since 2010.

WHEN AND WHERE

Saturday **1st June 2019** | 9h30 – 17h30

Circolo ippico La Fonte, Località Vo 19, San Salvatore Monferrato (AL)

Contact & registration: chairman@it.ima-network.org

Limited to 8 people