



## I'mperfect as I am

Do you get paralysed in procrastination, petrified it won't be perfect?

Do you have endless unfinished projects, uncompleted courses, unread books?

Do you have a real fear of being judged, rejected or disapproved of?

**You are not alone.**

**Along with the magical way the horses work with you, the "I'mperfect as I am" workshop aims to help you...**

Find your "mojo-vation" to finish (or even start!) your outstanding projects and courses.

Discover how to feel good enough just the way you are and be at peace with your imperfections.

Explore powerful ways to change debilitating habits of a lifetime so you can achieve the real successes you deserve.

## Approximate timings and Agenda

9.45 Registration, coffee and croissants

Meet and greet. Set intentions

Exercise 1. Exploring the fear of being imperfect?

11.00 Comfort Break

11.15 Exercise 2. Getting grounded

Exercise 3. Meet the horses

Exercise 4. Overcoming blocks to feeling good enough (working with the horses)

13.00 Lunch

14.00 Exercise 5. From imperfection to perfection

14.30 Exercise 6. Finding your success story (working with the horses)

15.45 Round of the day, Insights. HITS (horse inspired thoughts) and AHAS.

16.00 Finish (approx.)

All times are approximate and agenda may be subject to change if it serves the group better.