



THE HEART CENTRE

Healing Hearts and Minds with Horses

## The Confidence to be You

Are you fed up feeling not good enough and constantly trying to be perfect?

Do you find yourself worrying about what others think of you in case you are judged or disapproved of?

Do you find yourself acting like a chameleon just to try and fit in to avoid feeling rejected?

## Along with the magical way the horses work with you, the Confidence to be You workshop aims to help you

Feel good enough just the way you are

Learn how to be at peace with imperfection

Understand the cause and cures of crises of confidence.

Explore powerful ways to change habits of a lifetime

Receive the No 1 secret antidote to any fear you have.

Overcome the fear of confrontation and set healthy boundaries

**Come away feeling calm, confident and capable of being your authentic self so have the courage to speak your truth, live your truth and be your truth.**



## Approximate timings and Agenda

### Day 1.

9.45 Registration, coffee and croissants

Meet and greet. Set intentions

Exercise 1. What are the blocks to feeling confident to be yourself?

11.00 Comfort Break

11.15 Exercise 2. Getting grounded

Exercise 3. Meet the horses

Exercise 4. Overcoming Blocks to confidence (working with the horses)

13.00. Lunch

14.00 Understanding the Role of fear

Exercise 5. Overcoming the "What ifs"?

14.30 Exercise 6. How to overcome fear (working with the horses)

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

16.00 Finish (approx.)

### Day 2.

9.45 Coffee and croissants

10.am Group discussion -Overnight insights, questions, observations.

Exercise 1. Aligning with truth

Exercise 2. Being true to you?

11.00 Comfort break.

11.15 Exercise 3. Raising self-confidence (exercise with the horses)

13.00 Lunch

14.00 Exercise 4. Confidence to be you

14.30 Exercise 5. Actioning the authentic you (working with the horses)

15.30 Round up of weekend Ahas, HITS and new actions and accountability

15.45 Optional next steps.

16.15 Finish (approx.)

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