



What Are You Really Saying?

Clear, Bold Communications With Equine Guidance

We all know healthy relationships in business and life require good communication. Where so many trip up is thinking that talking to others is about saying the right thing – choosing the right *words*.

The fact is, words make up a tiny fraction of our communication. Studies show a full 90% of human communication entails our energy, body language and other nonverbal cues. Words aside, you're speaking messages loud and clear – messages you may not know you're giving.

- How might relationships improve if you communicated with more boldness and clarity?
- Do people walk away from conversations with you confused—or worse?
- How do you handle challenging people with whom conversations often go awry?

Why Talking to Horses Makes Sense

Unlike humans, horses don't speak with words – yet they're experts in communication. Want to know how what you're *really* saying? Spend time with a horse and he will:

- Dynamically—and with incredible accuracy—reflect back your communication style
- Offer an accepting presence as you practice shifting your verbal and nonverbal messages
- Invite you to transform your relationships through better communication—all with no judgment

Details

September 24, 1:00 – 5:00

November 13, 10:00 – 2:00

Tuition: \$125

Includes: Materials, facilitation, and horse experiences

About Rachel Dexheimer

Rachel Dexheimer is the president and founder of EquiSpire™ Coaching, dedicated to helping individuals, corporate teams and entrepreneurs gain profound awareness and actionable results by collaborating with one of earth's most inspiring creatures – horses. She is co-author of *Horses as Teacher: The Path to Relationship*.

To Register

Visit our website at <http://equispire.com/corpworkshops.html>

No horse experience necessary and there is no riding involved.



Rachel Dexheimer

*Certified Professional Coach
Certified Equine Guided Educator*

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FORGING DEEPER CONNECTIONS™