



SILVER ARROW & FIVE ROLES LEADERSHIP

PRESENTS

RESET TO LEAD: 1-DAY IMMERSIVE



A combination of Learning with horses and the latest Resilience and Burnout prevention techniques to reset and empower your leadership!



FACILITATED BY

JULIANA BROSSOLETTE AND ARJUNA GEORGE



Five Roles leadership

IMMERSIVE DESCRIPTION

What will you discover?

- TRE Tension / Trauma Release Exercises to assist the body in releasing deep muscular patterns of stress, tension and trauma.
- What is coherence and how to cultivate it in your daily life
- Practice mindfulness the horse way
- Stress reduction tools
- How to access your somatic intelligence and use your body as a tuner, amplifier and receiver.
- Asses your personal stress and wellbeing with a unique assessment

How it will affect your life?

Learning through experience or experiential learning has a lasting impact rather than learning in a traditional linear fashion. When you feel the results in real time, the skills you learn are accessible, tangible and speak for themselves. No amount of lecturing or studying can have this particular effect. This makes it easier to implement what you will learn into your day to day life. Connecting with nature, your self and the horses empowers you to embrace your innate wisdom, power and heart's intelligence.

Who is this immersive for?

This immersive is designed for working professionals, especially those experiencing burnout and stress. No horse experience is necessary. No riding is required.

What is Equine Facilitated Learning (EFL)?

Combining the latest mind-body research with the powerful human-horse bond, EFL offers a holistic and practical approach to wellness, personal growth and leadership development.

Many of us are stuck in survival mode with dysfunctional habits and irrational thoughts, EFL seeks to empower individuals and groups by "engaging the other 90 percent," the dimension of nonverbal intelligence so grossly underdeveloped in modern society. Horses are also "super coherent" and help people access their inner calm and optimum functioning.

RESET YOUR MINDSET
AND CULTIVATE
PEACE AND CALM
THROUGH THIS
UNIQUE APPROACH
OF SOMATIC
LEARNING.



YOUR INSTRUCTORS



**JULIANA
BROSSOLETTE**
FIVE ROLES LEADERSHIP



ARJUNA GEORGE
SILVER ARROW
WWW.SILVERARROWCO.COM

About Juliana

Juliana combines 30 years of learning with horses with a passion for personal and leadership development to create unique experiential learning experiences. She offers practical skills and accessible tools to facilitate success in your day to day life.

Equine Facilitated Learning combines the latest mind-body research with the powerful human-horse bond to reveal your leadership challenges and instigate lasting change. Working with horses also has a measurable effect on mental health, burnout-prevention and stress reduction and offers a special approach to mindfulness.

Juliana partners with her three Iberian horses, Ora, Osiris and Mae to offer workshops and retreats on Salt Spring Island, BC. Juliana is triple certified and insured.

About Arjuna

Arjuna George is a seasoned professional with over 25 years of experience in management and leadership positions. Arjuna has recently transitioned from emergency services to executive coaching and consulting, leveraging his extensive experience to help individuals grow and prosper personally and professionally.

Having personally faced occupational burnout, Arjuna has developed several powerful, life-changing tools to help others master stress.

Arjuna is a Certified Executive Coach (CEC), Functional Imagery coach, resilience coach, sleep coach, brain fitness coach, and stress management coach. Arjuna takes a holistic approach to coaching, treating the body and mind as a unit to help his clients live their best lives. He helps individuals transition to other careers, master stress, and become more resilient.

For more info on TRE visit www.trefire.com



SALT SPRING ISLAND, BC

A WEST COAST HEALING OASIS!



Salt Spring is an eclectic community of alternative thinkers, healers and spiritual leaders. Such dynamic residents make Salt Spring an ideal place to engage new wisdom and pursue unique experiences!

The beauty of Salt Spring, surrounded by the ocean and flanked by majestic mountains also helps visitors connect with nature and find peace amongst it.

Boasting several Artisanal crafts, gourmet organic food grown locally, boutique vineyards, cheese farm, brewery, cidery, distillery and several galleries, Salt Spring is truly an exceptional destination!

Horse experiences will be hosted at Juliana's equine facility. Arjuna will host his sessions at the Harbour House Hotel where guests will also enjoy brand new accommodations and meals overlooking iconic Ganges harbour.



COSTS

A UNIQUE OPPORTUNITY

SPECIAL RATES!

This is a unique opportunity to experience the skills of two facilitators in one day on beautiful Salt Spring Island. We have negotiated a **40%** discounted rate to stay at Harbour Hotel for our guests. Why not bring the whole family and stay an extra night? Take advantage of this exceptional rate which includes breakfast and make this a mini-retreat to reset and recharge!



*Harbour House Hotel Special Rate per night includes:
Breakfast: Only \$225*

Workshop Immersive: \$360 per person

Your fee includes:

- ✓ All workshop materials
- ✓ Facility rental fees
- ✓ Facilitator Fees
- ✓ Transport (if required) to and from the Horse Experiences
- ✓ Taxes

+ 4 Special Bonuses:



- ✓ A **free** signed copy of "Burnt Around the Edges," Arjuna's book on Stress Mastery and Surviving Burnout
- ✓ **Free** personalized Stress & Wellbeing Assessment
- ✓ Special discounted rate for private or semi private (optional) sessions on the Sunday.
- ✓ Invitation to Dinner Social Saturday night

OTHER INFO

Guests must send a \$160 deposit to secure their spot by the signup deadline of April 8th. The remaining \$200 will be payable on April 14th. Payments can be made by e-transfer to juliana@consciousequineconnections.com or via credit card using these links:

Stripe Payment \$160 CAN [Secure online Deposit Payment Link:](#)

Stripe Payment \$200 CAN [Secure online Full Payment Link:](#)

Once registered we will assist you with your Harbour House Hotel booking to secure your room at the discounted rate.

Lunch will be ordered from [Woodley's](#) restaurant inside Harbour House Hotel. There will also be a Diner Social event after the workshop is completed on Saturday evening. Lunch and dinner is paid for separately.

- **The immersive will run from 9am to 5:30 pm.**
- **Morning Workshop 9:00am-12:30pm**
- **Lunch at the hotel from 12:45pm -1:45pm**
- **Afternoon immersive session from 2:00pm-5:30pm**

To sign up or to ask any further questions, please email Juliana:

juliana@consciousequineconnections.com or Arjuna: arjuna@silverarrowco.com



“KNOWING OTHERS IS
INTELLIGENCE;
KNOWING YOURSELF IS
TRUE WISDOM,
MASTERING OTHERS IS
STRENGTH,
MASTERING YOURSELF IS
TRUE POWER.”

LAO TZU