



Communication | Relationships | Leadership



Women in Leadership:

CONFIDENCE IN OURSELVES



Lead The Way proudly presents a brand new workshop in a unique equestrian setting, utilising highly specialised methods designed for women leaders.

Women In Leadership will help current and aspiring female leaders to build confidence in themselves, discover their individual style of leadership and become the kind of leader they want to be - leaders needed by their workplaces, communities and families.



Horses are proven to inspire the people they interact with to reflect on their inner selves, requiring connection, confidence and self-belief in their handling. Lead The Way is renowned for sharing this special skill set with people from all walks of life as part of a personal development journey. The Women In Leadership workshop combines this with expertise from the fields of communication, relationship-building, skills coaching, team development, group facilitation and leadership mentoring to deliver a non-riding equestrian experience that will open and shape participants' perspectives on themselves and their leadership in a whole new way.

The workshop is delivered onsite at Lead The Way in Otaki on the beautiful Kapiti Coast, and is an immersive, experience with delicious food and the option for a night of luxury accommodation included. Participants will stay at the stunning and elegant historic Milk Station in Otaki a short drive away.

18th - 19th August 2020 - Otaki, NZ

e: contact@lead-the-way.co.nz p: 021 901 891
Te Pukenuamai, 1272 State Highway One, RD3, Otaki, 5583

Programme:

Day One - Tuesday 18th August

10am Start

- Arrive, introductions, morning tea.
- Demonstration by Andrew, meet the horses and start to build your relationship in the arena.
- Gourmet lunch (provided).
- Reflect, review and refine session, followed by a second session with the horses in the arena. Facilitated leadership session
- Drinks and a platter

5:30pm Finish for the day

Finish and head to your accommodation to check in and relax.

7:30pm Dinner with Guest speaker

Return for a barbecue dinner with special guest speaker Suzie Muirhead.

Day Two - Wednesday 19th August

Check out of accommodation and head to Lead The Way.

10am Start

- Arrive, morning tea, discussion about
- reflections of the first day.
- Arena work with demonstrations from Andrew.
- Reflect, review & refine session.
- Gourmet lunch
- Facilitated leadership session followed by arena work with horses.
- Overview of the two days and strategic goal setting.
- Drinks and a platter

Finish at 5:30pm



Inclusions:

- 2 days of experiential learning with horses
- Leadership facilitator
- Equine coaches
- BBQ dinner with guest speaker on Wednesday night
- Post-course coaching session
- Course workbook
- Full gourmet catering
- Individual luxury accommodation
- Photos & videos

Testimonial

I thought the course was fab. I love the focus on self-awareness and the lack of ability to hide from yourself as it's just you and the horse.

Debbie Moore - Trademe.

Facilitator: **Andrew Froggatt**

Andrew is known as the “Horse Whisperer,” due to his incredible ability to work and interact with horses on any behaviour or problem. He started Lead The Way 25 years ago and has since worked with over 7000 horses, developing a system that establishes trust, builds relationships and brings out the very best in them.

He has used these skills to work with a wide range of people, from troubled youth, the differently-abled and individual families, to top level sportspeople and the coaches of most of New Zealand’s representative sporting codes, corporate management and government organisations. Andrew’s unique equestrian approach to communication, relationship building and leadership has earned him numerous awards, accolades and recognition for the courses Lead The Way has presented locally, nationally and even internationally over the last 15 years.



Facilitator: **Tania Gough**



Tania is an expert in individual skills coaching, team development and group facilitation. She has held a wide range of human resource management and consultancy roles in both the public and private sectors for two decades and also has a depth of knowledge in strategic human resources consultancy and framework design, employment relations and change management.

She is skilled in facilitating goal setting, problem solving and team building and is a facilitator for leading development programmes. Her Impressive background and personal experience mean she aligns perfectly with the Women In Leadership workshop and she is extremely passionate about promoting, supporting and developing women’s leadership.

Facilitator: **Sam Froggatt**

Having spent time in the British Army, represented Wales in multiple sports and lived and worked all over the world both following her father’s diplomatic career and through working in the financial and tourism sectors, Sam has a unique combination of skills and experiences that enrich the learning for Lead the Way course participants. Sam has ridden horses all her life and has worked professionally with horses for 10 years including in a five star international eventing yard in Ireland, Polo grooming in England, equestrian competitions in the UK and New Zealand and horse trekking in Queenstown.



Guest Speaker: **Suzie Muirhead**

Suzie Muirhead is a former captain of the Black Sticks NZ hockey team and double Olympian. Originally a country kid from a small school, she played a record 238 games for New Zealand over 14 years and was named New Zealand Hockey Player of the Year in 2002.

Known for her calm and determined leadership, she was awarded the New Zealand Order of Merit, has been a regular public speaker and charity fund-raiser, board member and athlete mentor. She was inducted to the Wellington Sports Hall of Fame in 2018.

Is this workshop right for me?

If you are a woman in leadership or aspiring to leadership who experiences confidence issues relating to:

- Being seen, heard and understood
- Harnessing the resilience required to champion your role
- Being assertive with peers and leaders more senior than you
- Establishing healthy boundaries in your working relationships
- Comfortably having courageous conversations
- Setting your own personal standards of leadership

...then Women In Leadership is designed to help you! Come and join an intimate group of women who are committed to making changes and developing their leadership potential.

Frequently asked questions:

Do I need to be able to ride or have any previous horse experience?

No, we don't ride the horses and you don't need to have had anything to do with horses before - we will teach you everything you need to know for the course. The course is not about the horses but about you, how you react and grow through the experience. The horses are merely the tool we use to teach you more about yourself.

Do I need to be fit to do this?

Not especially, a basic level of fitness will be sufficient. The course involves some walking and a little running in the arena.

How do I transfer my work with the horses into skills that I can use in my workplace?

Tania leads facilitated discussion linking the skills used with the horses to working with people, and video analysis raises your self-awareness to help make changes easier to implement.

I live locally, can I come to the course without the accommodation?

Yes, we have an option for the workshop only, without accommodation included.

Can I extend my stay at the accommodation and make a minibreak of it?

Absolutely. Our accommodation partner is very flexible and will be happy to accommodate you for any extra nights, at your own cost, either side of the workshop.

What should I wear and bring to the workshop?

Comfortable clothing and footwear is advised, however full information will be provided ahead of the workshop once booked.

Accommodation:

The Milk Station, Otaki

The Milk Station is a superb historical venue an hour north of Wellington in Otaki. Built in 1919, a combination of original features and inspired Italian-influenced design offer peaceful and luxurious accommodation in this Historic Places Trust building. The Station is set in four acres of stunning gardens against the quiet background of the Tararua Ranges. The rooms are elegant and spacious with either a balcony or veranda

view. Wifi, underfloor heating and ensuite designer bathrooms are included with every room. For more information visit www.themilkstation.co.nz

Pricing:

- Two days of experiential learning with horses, leadership facilitation and equine coaching, full gourmet catering, barbecue dinner, guest speaker, post-course coaching session, course workbook, photos and videos - plus one night of individual luxury accommodation at The Milk Station: **\$1750 inclusive.**
- Option without accommodation (but including all other aspects) **\$1500 inclusive.**

Payment installation options are available.



Book Now:

18th - 19th August 2020

\$1,500 inc GST per person - Max 12 places

Payment options available

Book online: www.lead-the-way.co.nz/womeninleadership