



**MARTINSTOWN LODGE**  
A PROFESSIONAL HAVEN FOR YOUR DEVELOPMENT

# Women in Leadership Workshops



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Work with our horses  
on the ground in a  
very dynamic,  
innovative and  
impactful way

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## WHAT IS IT ALL ABOUT?

We look forward to welcoming you to our bespoke equine centred women in leadership workshops, particularly designed for emerging and existing female leaders!

This learning is evidence based and is proven to be highly effective and will provide invaluable learning to help you build on your skills as a leader.

You will work with our horses on the ground to support you focus on your internal and external awareness as a leader. Our workshops are designed to help identify and leverage the strengths that make an effective leader, as well as potential approaches that might be getting in the way. We work with you to identify and agree actions moving forward on your leadership journey.

**NO HORSE EXPERIENCE IS REQUIRED AND NO HORSE RIDING IS INVOLVED**

## CONNECT WITH US

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Martinstown Lodge,  
Athboy, Co Meath C15 HR13 Ireland





# Spending time with our horses in the countryside has an inspirational effect & accelerates learning

## WHAT CAN I EXPECT?

This workshop is one of real play, not role play, where we work with horses on the ground in a very dynamic, innovative and impactful way. You will be supported to explore the power within and how you can harness this for your best future. We will take time to look at, acknowledge and work to overcome that inner imposter syndrome that does not serve any of us. The workshops are focused on transformational change, all in a supportive non-judgemental environment, designed to build and strengthen your confidence. The workshops are designed to

- ★ increase your awareness of your leadership style;
- ★ improve your communication skills;
- ★ build trust and respect;
- ★ empower you to own your own space
- ★ support you to realise your full potential
- ★ tackle the inner imposter syndrome that can hold you back in reaching your goals

## WHY HORSES?

We have a dedicated space on our farm where you can come meet our horses, and spend some time away from the norm in beautiful rural surroundings. We work with horses as they

- ★ are highly effective compassionate teachers
- ★ mirror how we communicate
- ★ provide immediate honest non-judgemental feedback
- ★ will let you know if your behaviour is delivering on your preferred outcomes

## WHAT OUR CLIENTS SAY

*Truly an amazing experience. I have learned more about myself in that morning than in any other leadership programme. I'd highly recommend Emma and her team. Sharon Farrell CEO Face Credit*

## Martinstown Lodge Reviews

National New Equestrian and Overall Business Award Winner, EBNI 2022 | Best Emerging Business in Meath Finalist 2021



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