



SQUARE CUBE
Social Impact Consulting and Coaching for Good

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Horse Powered: Network, More Effectively Pitch Business Ideas, Explore and Develop your Leadership

All workshops run on Friday evenings 5:00 to 7:30 with additional individual time at the end for questions, where next and signposting.

Date	Event	Description
23 rd June or 1 st September	Networking for Women	<p>Dislike some of those traditional networking events where no-one seems to listen, everyone is talking past one another, scattering business cards like confetti and you come away wondering where connection went ?</p> <p>We're offering a workshop and networking event with a difference for 15 women at a horse barn.</p> <p>We're taking the theme of wanting to make changes in personal and professional lives and have come up with an evening of activities and opportunities for you to learn something about yourself, to get to know the other women at the event and to be able to share resources and ideas with each other. We guarantee that you'll end your evening feeling you've made a great investment of time and with some meaningful contacts and connections to follow up.</p>

<p>30th June & 7th July or 15th & 22nd September</p>	<p>Who's in Charge You or Your Lizard: Focus on Your Internal Leadership</p>	<p>These two workshop sessions explore the importance of self-authorization and having a strong internal base for leading yourself, projects and others. We call this the leader from within. We explore values, vision, power and ways to kick self-sabotaging behaviors to the curb.</p> <p>Most of us have well rehearsed scripts that include lots of unhelpful self-talk, give a lot of air time to our saboteurs and have refined a number of choreographed dances with self-doubt, imposter syndrome and other forms of self-undermining.</p> <p>This workshop draws on neuroscience, positive psychology, creativity, being in nature and being with horses (without horse back riding) to heighten your self-awareness and develop new skills and tools to strengthen your internal leader.</p>
<p>14th & 21st July or 29th September and 6th October</p>	<p>Co-creating Compassionate Leadership</p>	<p>What does it mean to step away from traditional models of leadership, which is often a short-hand for people leading from the front ?</p> <p>These two evening workshops explore the power of outcomes from developing connection with others and some of the elements in developing and sharing leadership to create more impact. We spend exploring what it means to be in relation with another and how to work in tandem. You will leave with insights about your own default thinking and behavioral styles and insights into what you may wish to develop in order to more effectively co-</p>

		<p>create and co-lead.</p> <p>Working alongside one another and taking one another into account is highly appropriate in the context of the activities which we will undertake with horses which demand that we see the world with quite other eyes.</p>
28 th July or 20 th October	Effective Business Ideas Pitch Event	<p>This event is for people wishing to pitch their business ideas more effectively and for those who would be interested in listening to some great ideas from solo and entrepreneurs.</p> <p>We offer some instruction about the arc of the pitch and the idea and spend time on exercises that develop presence and awareness of the other.</p> <p>An effective pitch is not necessarily about the benefits that you think are inherent in your product or service and then insist on sharing. Rather it will be about how people see your ideas fitting into their world and how they can benefit personally. This means slowing down and positioning yourself in relation to the other.</p>
4 th August or 27 th October	Networking	<p>Dislike some of those traditional networking events where no-one seems to listen, everyone is talking past one another, scattering business cards like confetti and you come away wondering where connection went ?</p> <p>We're offering a workshop and networking event for up to 15 people. Our theme is</p>

		getting present and listening. We'll work with horses to explore establishing meaningful connection with others; skills for effective networking and beyond.
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Safety

There is no horseback riding and no opportunities for horseback riding. Individuals will go as close as they feel comfortable to the horse. There is no pressure to make any contact with a horse. Equally for those wanting to make contact with the horse there will be a careful introduction with rules that need to be followed.

For people with prior horse experience we ask that you follow Apple Creek's guidance and undertake the exercises that are outlined.

Everyone's well-being and safety is a priority.

- To that end we require everyone:
- to pay attention to Carol Frick's safety instructions at the beginning of the event and given as needed throughout the event.
- to respect the rules of the working ranch and stables
- to be appropriately attired with close toed shoes or boots, long pants, long sleeved tops and to not wear jewelry, scarves and loose clothing. Wear layers as we will be outside for the whole event.

We will not work with anyone arriving intoxicated.
There is a strict no smoking policy at the ranch.

Our Liability: You will be asked to complete a waiver form prior to the event and to closely follow instructions

Location: Apple Creek Training and Lesson Center, 1807 South Gravenstein Highway, Sebastopol, 95472

Booking Page: <http://squarecubeconsulting.com/book-your-place>