



# EXECUTIVE COACHING

## BALANCE, BOUNDARIES AND BOLDNESS

Women continue to break barriers in leadership, often while navigating high expectations, bias, imposter syndrome, and the constant pressure to “do it all.” The path to leadership is complex and demanding.

Our executive coaching builds confidence, accelerates growth, and strengthens leadership capability, giving you the clarity, direction, and energy to lead with renewed purpose.

Now combine this with the extraordinary sensitivity of horses, who respond instantly, reveal blind spots, and provide unfiltered feedback.

**The result is truly transformative.**



“Equine Executive coaching has given me a powerful embodied felt sense of how I show up as a leader, far beyond intellectual self-awareness. The horses

mirror back with honesty and clarity in a way that is both humbling and transformative.”

**Founder and CEO, Jo Wagstaff Consulting**

### Clients will:

- **Boldness** - move forward with bold, authentic confidence, grounded in self-awareness, clear purpose and leadership direction
- **Balance** - navigate complexity with clarity and composure
- **Boundaries** - Set clear boundaries that strengthen influence, alignment, and intentional leadership



# WOMEN IN LEADERSHIP PROGRAMS

## EMPOWERING WOMEN, EMPOWERING WORKPLACES

Our Women in Leadership programs empower women to move forward with clarity, authenticity, and confidence. Through a unique integration of equine-enhanced learning and proven leadership frameworks, we support women to identify, develop, and strengthen the capabilities required to elevate their presence, influence, and impact.

**How?** Horses require clear, confident and authentic leadership and communication. When we work alongside them, they highlight these capabilities in us.

Their honest, immediate and objective responses provide invaluable insights and the opportunity for incredible growth.

We offer group and retreat style programs for:

- Executive Leaders
- Key Talent & Emerging Leaders
- Women's Networks
- Women re-entering the workplace

No horse experience necessary, no riding. Leaders partner with horses from the ground.

### Leaders will:

- Deepen awareness of their leadership style and impact
- Understand unique strengths and uncover blind spots
- Move forward with confidence and congruence
- Inspire high-performing teams who thrive in complexity