



A TWO-DAY EQUINE-GUIDED WORKSHOP

Lead by presence

Discover the power of awareness in leadership and connection

WHEN

26 & 27 September 2026

TIME

10:00 – 17:00

WHERE

Stal 't Lage Veld, Lunteren

INVESTMENT

€150 · max. 8 participants

Facilitated by Alix, Geesje & Wilma · Eponaquest by Linda Kohanov

Coming home to yourself, as the ground for leadership

In *Lead by presence* you discover how to listen again to what is alive in you — in your body, your emotions and your intuition — and to act from that place with more calm and clarity. Leadership, we find, does not begin with control. It begins with being fully present in yourself.

The journey starts with learning to notice what is happening within you, so that from there you can stay more consciously present in connection and in leadership. Over two days in a quiet outdoor setting with horses, the first day lays that inner foundation and the second builds on it — towards leading from your authentic self. Not by becoming someone else, but by no longer having to leave yourself behind.

Lead by presence is for people who lead or work closely with others — leaders, professionals, coaches and helpers — and who want to do so with more awareness, steadiness and authenticity.

Perhaps you recognise something here

- You often sense clearly what is going on with others, but less clearly what is happening inside yourself.
- After a conversation you sometimes think: I actually wanted to say that differently.
- You take on a great deal of responsibility and try to make things right for everyone.
- You notice that you sometimes cross your own boundaries to keep the harmony.
- Your mind works overtime, while what you long for is more calm and clarity within.
- You sense there is more wisdom in you than you are currently using — but you don't always know how to reach it.

Adapting in order to stay connected with others is a deeply human response. Over time, though, it can carry us further from our own inner compass. This workshop is an invitation to find the way back.

What this workshop gives you

This is experiential work, so what you take home is felt as much as understood. Participants leave with insight they can put to use straight away, in their work and in their relationships.

Authentic connection & trust

You notice more quickly what builds or quietly blocks trust in a conversation — and can create genuine connection more consciously.

The wisdom of body & emotion

You begin to feel the signals your body and emotions send in the moment, and to read the information they carry instead of overriding it.

Boundaries & communication

You sense your boundaries earlier and express them more clearly — discovering that clarity often brings more calm, not less connection.

Your inner state & leadership

You experience how your own inner state ripples out into how you lead and relate — and what shifts when you lead from presence.

Participants often notice that afterwards they...

- feel more steadiness and calm in themselves
- listen more easily to body and intuition
- sense and express their boundaries more clearly
- are less quickly pulled into others' expectations
- trust their own perception more
- act with more authenticity and clarity

Learning through experience — with horses

This programme is experiential. You learn not mainly by talking about things, but by noticing what actually happens inside you — and letting the horses show you.

Why horses?

Horses respond directly to what is happening in the interaction itself — your body language, your tension, your attention and intention, your movement, and whether all of these are congruent. They don't listen to your words; they respond to what is actually there. Their responses give you information you can use to explore what is happening within you, and within the connection between you. In this way the horse becomes far more than a mirror — a living, responsive partner in your learning. **No experience with horses is needed.** All exercises take place beside the horse, on the ground — there is no riding.

Across the two days we combine

- short pieces of theory that help you make sense of your experience;
- body-oriented exercises to build contact with what is happening inside you;
- reflection and exchange within the group;
- experiential, ground-based exercises with the horses.

We work in a small group of **no more than eight participants**, so there is room for personal attention and for each person's own process. The group itself becomes a valuable mirror: watching one another and sharing experiences often brings extra insight.

Throughout, one principle guides us: presence is more important than perfection.

Two days, one journey

Each day runs from 10:00 to 17:00 and forms one coherent arc — from arriving in yourself towards leading from your authentic self. We move between short theory, body-oriented practice, reflection in the group and experiential exercises with the horses, always tuned to the group in the room.

DAY 1 • SAT 26 SEP

Coming home: awareness, emotion & boundaries

The first day is about arriving — in your body, in the group and beside the horses — and gaining practical tools for working with emotion and clear boundaries.

YOU WILL EXPLORE

- how to read the information your emotions carry, and respond to it — a simple, practical process;
- how to set and respect clear, safe boundaries, with yourself and with the horses;
- how your energy and presence shape the space around you, and how the horses respond to it.

What this brings: a felt sense of presence, a practical way to work with your emotions, and boundaries that bring calm rather than distance.

DAY 2 • SUN 27 SEP

Leading with presence: from survival to authentic self

Day two builds on that ground and moves towards leadership — recognising old survival patterns and leading from your authentic self with clear, embodied intention.

YOU WILL EXPLORE

- the difference between your conditioned "survival self" and your authentic self;
- how to hold and communicate a clear intention with your whole body, not only your words;
- how presence and intention become a natural form of leadership, with the horses as your mirror.

What this brings: the experience of leading from your authentic self — with an intention your whole body communicates.

Everything you need to know

DATES

Sat 26 & Sun 27 September 2026

A two-day workshop — both days

TIMES

10:00 – 17:00 each day

LOCATION

Stal 't Lage Veld

Lunteren, the Netherlands · an outdoor setting with horses

GROUP SIZE

Maximum 8 participants

To keep space for personal attention

INVESTMENT

€150

Payment & cancellation terms are shared with the intake form

EXPERIENCE

None required

All exercises are on the ground, beside the horse — no riding

Coming prepared

Please dress for being outdoors with the weather of the day, in layers, with sturdy, closed footwear you don't mind getting dusty. We work outside near the horses for much of the programme. Any details about lunch and dietary requirements are arranged through your intake form, so we can take good care of everyone on the day.

Let's start with a conversation

Because this is personal work in a small group, we like to begin with a short, no-obligation call before you register. It's simply a chance to meet, to hear what you're hoping to explore, and to answer any questions you may have.

1 Read this information

You're doing it now — this document gives you the full picture of the workshop.

2 Book your intake call

A relaxed, personal introduction: we hear what you'd like to explore, answer your questions, and together get a feel for how the workshop fits what you're looking for.

3 Receive the intake form & payment link

After the call, we send you the intake form and the payment link so you can secure your place.

4 Complete the form & payment

The form helps us prepare with your goals in mind; your payment secures your place in the group of eight.

5 You're registered

We look forward to welcoming you on 26 & 27 September.

Ready to talk, or have a question?

Email us to arrange your intake call or ask anything at all: info@geesjeswinkels.nl



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