

The Prize



Stronger
Leadership,
Relationships
and Confidence
through Nature

By

Sandra Dee Robinson

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About the Author:



The media has titled **Sandra Dee Robinson, the “Charisma Coach.”** In 2010, Sandra Dee founded Charisma on Camera, guiding sales forces and experts around the globe to develop authentic power behind their personal presence and communication skills. She has become an international speaker, author and TV host.

Her first career put her on televisions worldwide. As an actress she portrayed major roles on *Another World*, *Sunset Beach*, *Bold and the Beautiful*, *General Hospital*, *Days of Our Lives*, and *many prime time shows as well* During her many years in Hollywood, Sandra Dee consistently supported wildlife conservation through fundraising events and hands-on work with animals.

Currently, Sandra Dee applies her decades of studies on human and animal behavior in unique events known as, **Charismatic Cowgirl** retreats. Here, nature, and specifically horses, transforms women’s perception of the world around them, and their abilities to make improvements within it.

Charismatic Cowgirl is not a person, but a mindset; to celebrate life with strength, confidence and compassion for all living things





Charismatic Cowgirl™

Retreats and Workshops

Charismatic Cowgirl™ Workshops and Retreats provide a unique opportunity for success-minded women to gain new and powerful perspectives on relationships, leadership or find unshakable confidence all through the gentle wisdom of nature's preeminent reader of energy, **the horse**. No previous experience with horses is necessary to benefit fully from these sessions.

Escape to the Hill Country of Austin, Texas, enjoy nature and sharpen your perceptiveness in a safe, professionally facilitated, transformational session with an equine partner. See what that horse will tell you...about you.

Become an elite member of the **Charismatic Cowgirl™ Community**, where we celebrate life with strength, confidence, compassion and a peace that comes from nature.

Join our Facebook group for inspiration, discussions, LIVE video interviews and event notices:

<https://www.facebook.com/groups/CharismaticCowgirl/>

Sign up to see what a horse can tell you... about you:

www.CharismaticCowgirl.com

Contact us to see how we may serve your group with our private workshops with horses to build confidence and communication in your work environment. Sandra@SandraDeeRobinson.com

What a Pony Can Teach us About Confidence

Sometimes we get lessons on life from surprising sources...

We adopted a new pony named Coco into our herd this week. She is ridiculously cute and although I worry about her being so small, she is extremely confident and has been taking care of herself! Animals can teach us a thing or two about getting through intimidating experiences.

Let's think about **what it means to be confident in horse world** for a second; Little Coco is entering a new environment that she does not know, and will be forced to share the feed (hay) and shelter (the barn) with folks that are 4 times her size and they may not always be friendly! Could be intimidating, but horses don't live in story, like we do.

Oh, we can learn from them. Coco doesn't get freaked out or mope around depressed if she is shoved away from the hay... she knows she's small, but she can out maneuver the big ones and she seems confident that she will get just what she wants in time. No drama.



We humans need to do more of that! When we have a situation, like, let's say we take our small company into a corporation in the hopes of partnering with them. So often we live in the story of "what if" and worry that our company size will prevent us from succeeding, when really, we need to get some "**Coco confidence**" and just own all we are. Tell them why our small company is best for the opportunity. More personal attention to issues perhaps, or just the fact that you have drive and fresh energy, a newer perspective than your more established competitor. Let them know there is no one better than you!

When have you succeeded in what could have been an intimidating situation by showing your Coco confidence? Or, on the flip side, when maybe did you wish you had pulled out that confidence card? What lessons can you pull from that missed opportunity that you can now leverage to create opportunities and relationships that add abundance to your life?

Take a moment to journal your gratitude and ideas for the future.

Watch the coordinating video... Oh and there's a special cameo of cuteness.

<https://youtu.be/wFk5T9Beo78>

How to Confidently Protect Our Personal Boundaries

Healthy boundaries can protect us physically and emotionally.

Once again, nature plays this out in a very visible and simple fashion; Watching my horses interact I can see them enforce their personal boundaries without hesitation. Just like us, each horse has a personal preference for space and they are not afraid to ask for that space within the herd to feel safe.

So why is it we sometimes have a difficult time with this? Why will we put ourselves into a stressful or dangerous situation even though we feel our personal boundaries are being challenged?

Most often, especially for women, our intuition and intellect get overridden by our emotions. We can be programmed for this override from life experiences (Family influences, for instance can be a subconscious driver). That can be a dangerous thing.

Did you know, that women who fell prey to an attacker in an elevator later admitted they had a “gut” feeling that they should have vacated the elevator? When they were later interviewed and asked why they did not step off, the majority of them confessed, in essence, that they were afraid to hurt the man’s feelings.

This was a total stranger, and yet if you are honest, some of you reading this could admit you would be tempted to feel the same way in that situation. This is where thinking must override emotions and, if we

are *clear* on our boundaries, it's *easier* to make the decisions that could keep us from harm, and make them quickly!

What about emotional safety?

That's an example of *physical safety*, but what about *emotional safety*?

There are so many examples that could demonstrate this, but I'll volunteer one of my emotional boundaries in social settings: I avoid gossip. I learned early on how much emotional drama could be driven from a gossip conversation. Even if I stay *silent*, I am *still participating* by *listening*, and thus I am partly responsible for any misunderstandings or derogatory actions that can escalate from that type of talk. So, to protect myself emotionally, I will literally interrupt the gossip, and excuse myself. Simple, but I feel safe!

The horses in my herd show no hesitation about enforcing their boundaries. They are extremely efficient in the use of their energy, and so they spend none worrying about the possibility of hurting another horse's feelings!



Think of our reservoir of energy...

If we think of our emotional energy as a reservoir that is full at the top of each day, we would do well to picture *how efficiently we could use our energy in our day!* After all, once it's depleted, it's gone. Ever get the "grumpies", feel short-tempered or just blown-out exhausted at the end of a day? *That's* depleted!

Personally, I'd rather budget my energy to positive things and those conversations and people that lift me up and result in a feeling of abundance. Please, in no way consider this an endorsement for lack of compassion or empathy... that is part of what makes us magnificently human. But, where our physical or emotional safety is in jeopardy then we need to *take action* to stay safe. No hesitation. Think like a horse.

See the coordinating video from Sandra Dee!

<https://www.youtube.com/watch?v=BrNrVXqTTao>

**Would you like to feel the support and calming effects of the herd?
Experience what the horses can show you at a Charismatic
Cowgirl Event.
Learn more at
www.CharismaticCowgirl.com**