

A large group of people, mostly women, are gathered outdoors in a dirt area, possibly a paddock. Some are standing, some are sitting on yellow folding chairs. In the background, there are horses and a white fence. The scene is framed by the branches of a large tree at the top. A semi-transparent teal banner covers the middle of the image, containing text.

Communication and Leadership

HORSEPOWERED RETREATS™

MADE STRONGER THROUGH A UNIQUE EXPERIENCE WITH HORSES

What is it all about?

These exclusive country retreats are designed to create space for the leader in you to breath and reset; to remember your design and brilliance that is your true identity. Leadership lessons from the herd are delivered in a safe environment and will transform how you relate to others both at work and at home in a multitude of ways. From personal boundaries to team work, self-care to quality connections and conversations. Our mission is to create a ripple effect of greatness on the planet by reminding modern professionals how it feels to lead securely with authenticity, compassion, intuition and powerful effectiveness! (*groups are small by design; 8-20 people)



A background image showing a group of people, mostly women, interacting with a horse in an outdoor setting. One woman is petting the horse's head, while others are standing nearby. The image has a warm, slightly faded tone.

Here's what you can expect

- Practice regulating your energy for response, not reaction, in a safe environment.
- Reveal blind spots in self-leadership that may be burdening your journey to success.
- Hone your superpower of intuition for more definitive decision-making.
- Learn to enrich relationships at work and home by clarifying boundaries.
- Build trust without words in team work (your horse is part of your team).
- Learn techniques for mental self-care and clear focus = increased productivity!
- Have some time to play!

It is a retreat, so we treat you to a continental breakfast, Farm-to-Table lunch and free gifts;)

***We have plenty of staff to make sure your needs are met throughout the day.
To make this day most impactful we also include support calls with further trainings &
Q and A time, to assist in implementing your new insights! (Two Group follow up support
calls and one personal support call)***

No experience needed: We do not ride the horses during these experiences, but work with the horses as a partner on the ground in a professionally facilitated session.

Why horses? As a species that has survived for millions of years, horses are excellent readers of energy and thus offer immediate and honest feedback to their human counterpart. They react to a shift in us, so when we make the slightest adjustment in our approach to them, we see the consequences play out instantly. This can help us to become more attuned to how we approach our human relationships.

Based on science It almost seems like magic, but these sessions are based on science. Horse assisted psychotherapy is becoming more recognized because of its incredible effectiveness; the equine program we offer may have some therapeutic benefits, for sure, but we are specifically focused on helping brilliant humans shine even brighter in their lives as leaders in their business, community and family by helping them become more present, communicate clearly and be reminded of what they are capable of achieving!



Sample Itinerary

(**Each retreat is customized to achieve the intentions for the group, and may be 1/2 day to 2 days)

This sample itinerary represents a day and a half retreat:

We begin with a 4:00 pm orientation, consisting of introductions, what to expect, setting intentions and meet and greet. Wine and or cocktails as well as light food are served al fresco (*Musician can be arranged if desired, artist's fee to play applies). The fire pit is lit if the weather is right for it. We end early, by 8 pm to allow participants to settle into their hotel and have a full dinner if they choose and rest up!

The Retreat Day:

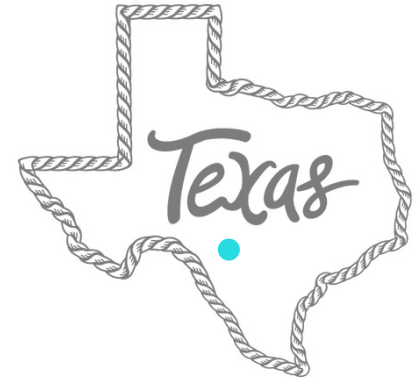
- 9:00 am - 9:15 am Continental breakfast and coffee served in the barn. Registration.
- 9:20 am - 11:15 am Introduction of the day. Intuition and leadership. Choosing equine partners.
- 11:15 am -12:45 pm Session one with Horses. Each works with their equine partner to build a relationship.
- 12:45 pm - 1:35 pm Lunch break. Farm to table catered lunch under the oak trees
- 1:35 pm - 1:50 pm Journal time....quiet time for participants.
- 1:50 pm - 2:00 pm Share insights and move into authentic core leadership... how it shows up with an equine partner.
- 2:00 pm - 4:00 pm GROUP SESSION with horses. Quick break...
. Each team or individual (depending on size of group) works with their equine partner to a goal.
- 4:10 pm "Circle Up" share learnings/observations from the final session at fire pit. Champagne toast.

4:45 limo transport back to hotel.



Location

Genesis Farm is 34 miles from Austin's Bergstrom Airport (45 min drive).
40 min NW of Austin central
3814 Deer Trail, Spicewood TX 78669
Local hotel recommendation is the new La Quinta in Lakeway
Local Hill Country attractions include hiking, lakes, breweries, vineyards and distilleries with live music and outdoor activities.



Your Host



From TV Dramas to Executive Communication Coach nearly all of Sandra Dee Robinson's life has focused around relationships (sometimes real, sometimes “as seen on TV”).

Her major acting roles began on Another World, then Sunset Beach, Bold and the Beautiful, General Hospital, Days of Our Lives and guest starred on many prime time shows.

Ironically, her inability to use her own voice drove her to study human and animal communication, neurolinguistics and becoming a master in several modalities, including NLP, Hypnosis, Stage Mastery, and Natural Lifemanship. Sandra Dee is an international speaker, TV, Radio and Podcast host, Published author, CMMS coach, Blue Ribbon Ambassador and animal enthusiast. Her clients have appeared on major stages worldwide as well as all major US networks.

She founded Charisma on Camera Presentation Training in 2010 and Horsepowered Consulting, featuring her signature Leadership-Focused Retreats with Horses, in 2019.

Pricing starting at \$800.00 per person
6-10 person groups 11-20 people 600.00 Per person.

Included with the training:

- Food/ beverage (Happy hour hors d'oeuvres and wine, retreat day continental breakfast and farm to table lunch/champagne toast, snacks and water)
- Welcome journals and parting gifts.
- Group follow up (virtual) gathering, hosted by Sandra Dee 1 week after event to aid in processing any learnings that are still occurring and offer support and further actions to stay on track.

Customization of the group experience to fit your budget is always available. sandra@sandradeerobinson.com. 310 920 9932

Weather

Because we are primarily outdoors for the entire event, weather is a factor and a bit of a wild card with Texas' potential extreme weather. Heat below 110, we go on, cold above freezing, we go on, light rain... yup! Thunderstorm and lightning: No way.

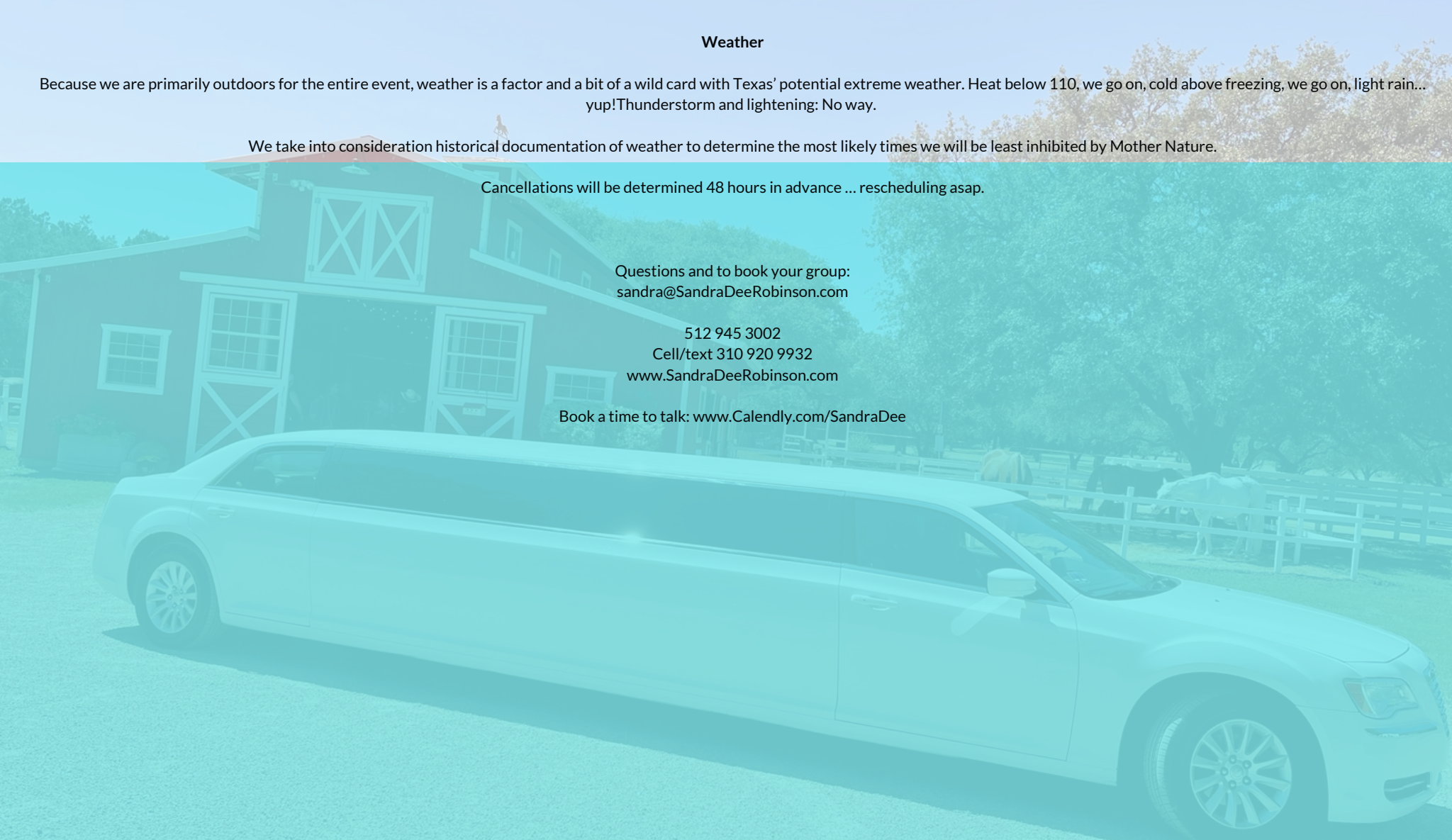
We take into consideration historical documentation of weather to determine the most likely times we will be least inhibited by Mother Nature.

Cancellations will be determined 48 hours in advance ... rescheduling asap.

Questions and to book your group:
sandra@SandraDeeRobinson.com

512 945 3002
Cell/text 310 920 9932
www.SandraDeeRobinson.com

Book a time to talk: www.Calendly.com/SandraDee



A close-up, artistic photograph of a horse's eye. The eye is a striking light blue color with a dark, well-defined iris. The surrounding fur is a mix of light and dark grey, with fine hairs visible. The background is a soft, out-of-focus orange and yellow gradient.

I

I was wanting to face my fear of horses that I had from a Traumatic event when I was a young girl. And then I had an extraordinary experience at the Charismatic Cowgirl event with Sandra Dee and now I am forever changed and restored to the love of horses that I once knew many years ago. But even more than that I discovered through my communion with the horse that the lack of self-confidence in many areas of my life- was robbing me of my joy. Thank you Sandra Dee for this amazing opportunity, for not only me, but for anyone who is lacking confidence in any area of their life- this opportunity is truly transformational!! -KR

I

I had such a revelation! I have already shared my experience with others so many times... sometimes we need to lead from the front, but others, we lead from the back, and then remember to back off and let them fly. I've been working too hard!

Megan C., Chief Communications Officer

T

Thank you! I found my voice! I've learned to deal with difficult people.
I've changed the dynamics.

Wendy C., Business Coordinator

I

It's amazing!...I am still seeing new things learned from those horses every day!

Di K., Insurance Executive