



UPLEVELING
LEADERSHIP
FOR WOMEN
WITH HORSES

YOUNG FEMALE MANAGER
PROGRAM

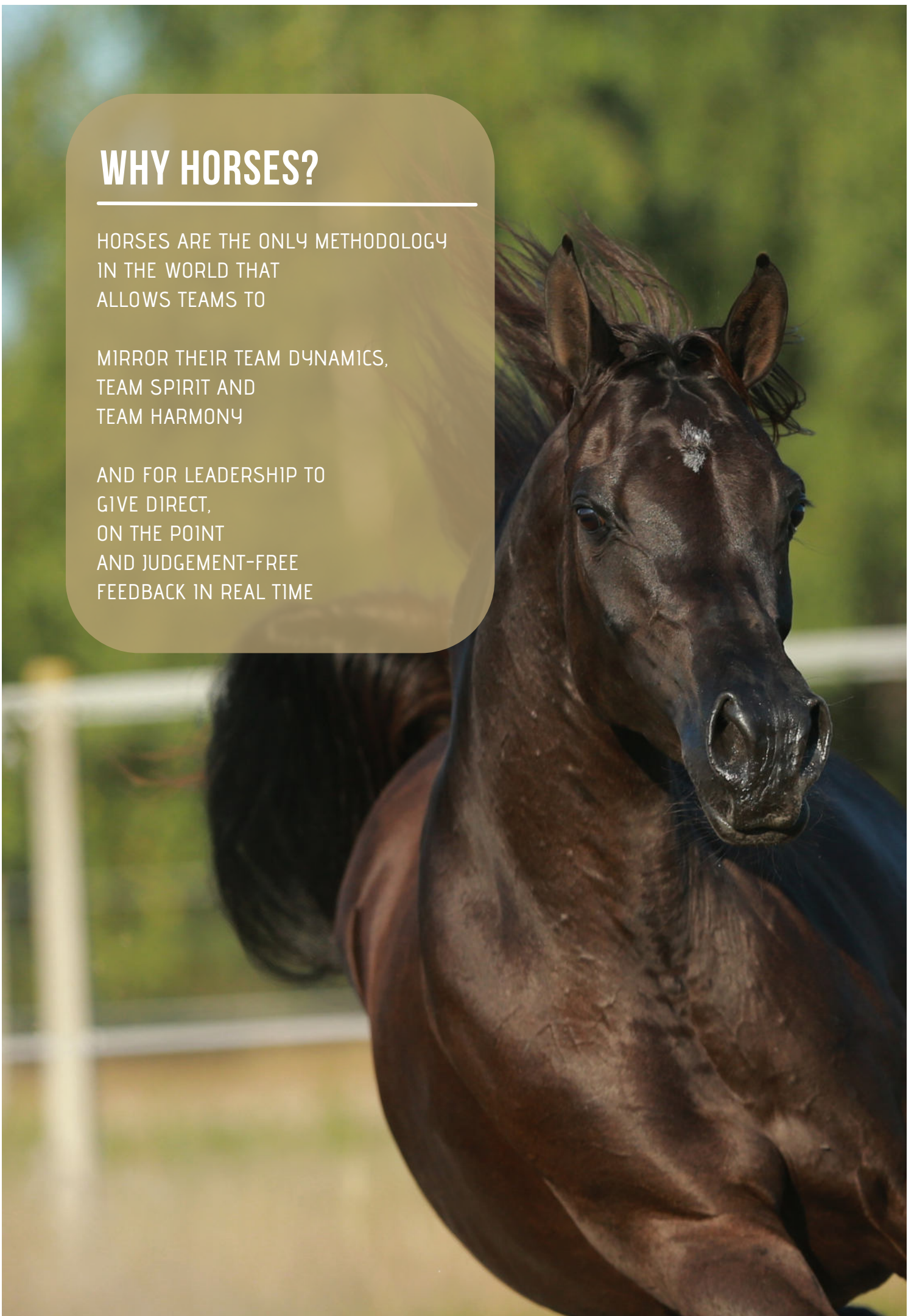
WITH NADIA BOERSCH

WHY HORSES?

HORSES ARE THE ONLY METHODOLOGY
IN THE WORLD THAT
ALLOWS TEAMS TO

MIRROR THEIR TEAM DYNAMICS,
TEAM SPIRIT AND
TEAM HARMONY

AND FOR LEADERSHIP TO
GIVE DIRECT,
ON THE POINT
AND JUDGEMENT-FREE
FEEDBACK IN REAL TIME



HOW HORSE COACHING WORKS FOR FEMALE LEADERSHIP

Female Leadership and Female Empowerment Is a much discussed topic these days, and opinions on how women should lead and how to get more women into boardrooms are as scattered as they can be.



When I was still in the corporate world, I had a vision of confident, elf like women that are fully in their power and would be present in boardrooms in equal numbers as men and would have the same “power” as their male counterparts. I had that vision to be one of them and even though my desire has changed in context, I still believe in this vision to be true one day.

Whilst I strongly believe that structures need to be improved in order to remove glass ceilings, I believe even more in women empowering themselves by harnessing their leadership skills and boosting their self-confidence to show up as empowered leaders that are equal to their male counterparts. They need to learn to walk their talk whilst dealing with duality such as, shame and guilt of not being perfect, tapping way too much into their masculine energy of feeling forced to be like men in order to be successful, scrambling in their private lives to be the perfect wife, keeping the house in order, perfect mom and last but not least perfect friend.

I feel there are some tools that we have all been born with, but that have gotten lost in the “natural female leadership” toolkit: they should be “re-learned”:

First and foremost, **setting boundaries and being able to say no,**

Second, **releasing shame and guilt for their choices,**

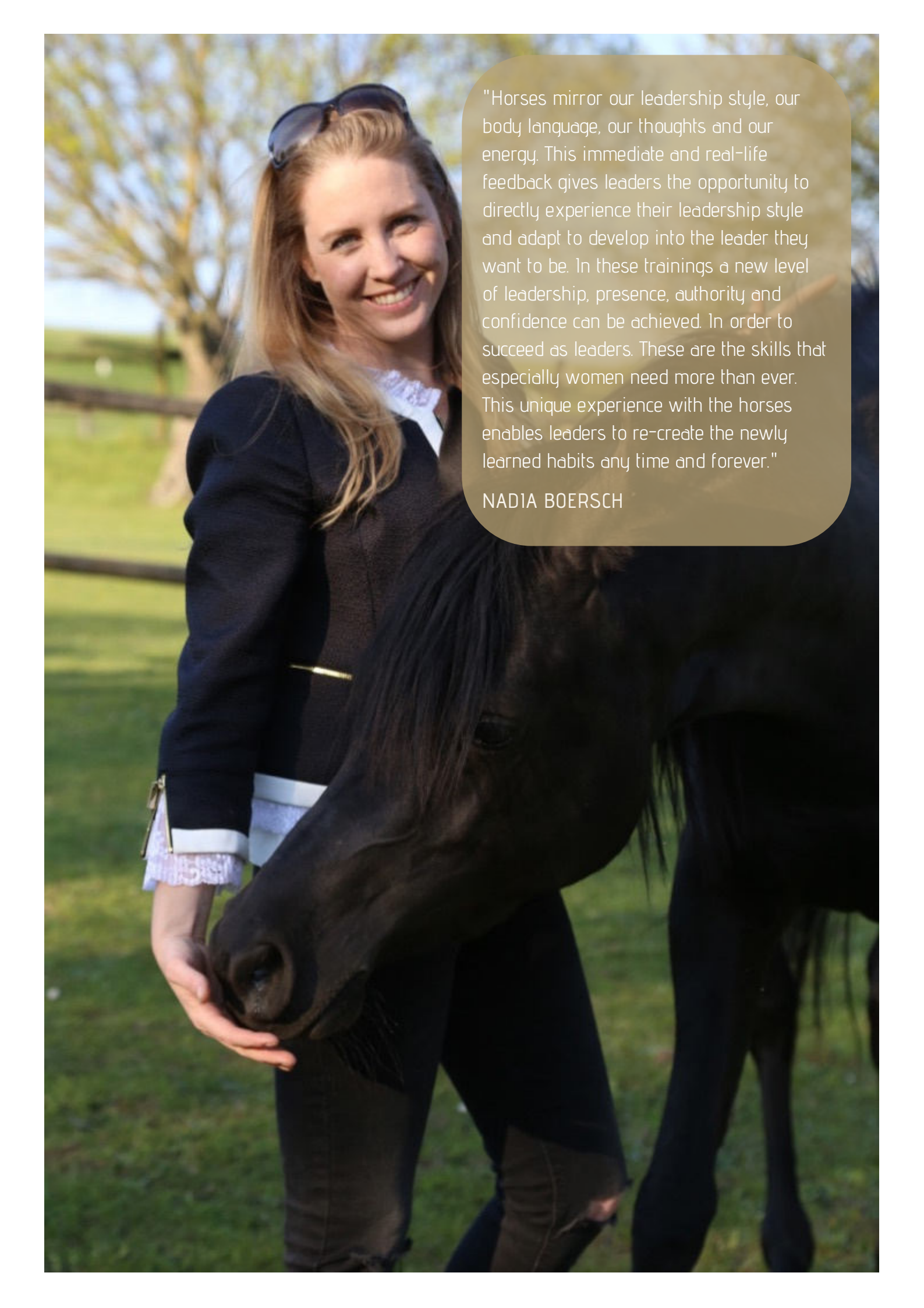
Third, **stepping into their power with confidence without becoming bitchy, angry and resentful,**

Fourth being **unapologetic about the fact that they come first no matter what and filling their energy cup first.**



Watch this Interview with Professor of Leadership: Dr. Fadil Citaku on how the horses evolve leadership skills: <https://youtu.be/hFbnpqGDxf4>

Relearning these toolkits is what most female leaders, both entrepreneurs and managers, come to the horses for. What makes horses such powerful teachers: they mirror our thoughts, our blockages, our fears and give us direct, immediate, yet judgement-free feedback. The horses are one of the most effective and powerful ways to experience what this “toolkit” actually feels like. Because only what we can feel, we can embody in our daily life.



"Horses mirror our leadership style, our body language, our thoughts and our energy. This immediate and real-life feedback gives leaders the opportunity to directly experience their leadership style and adapt to develop into the leader they want to be. In these trainings a new level of leadership, presence, authority and confidence can be achieved. In order to succeed as leaders. These are the skills that especially women need more than ever. This unique experience with the horses enables leaders to re-create the newly learned habits any time and forever."

NADIA BOERSCH

WHY WE CHOOSE ARABIAN HORSES



We work with the breed that is known as the most exclusive, most valuable and oldest breed of the world.. Not above all, they are known for their enormous sensitivity, kindness and strong connection to humans:

The Arabian Horse.

Since thousands of years, the Bedouins had such a strong connection to these horses that they shared their tents with these wonderful and loyal creatures and carefully selected the ones that were closest to humans. Some of the biggest leaders of the world such as Napoleon or Alexander the Great were known to have Arabian horses as their most loyal partners. These leaders rode on the back of these ethereal horses, sometimes bare back, communicating with nothing but their mind and body language.

“Horses are often described as the epitome of freedom, power and majestic creatures, they are both admired and respected. These characteristics we can copy and adapt to ourselves from them to have a more powerful presence and confidence.”

- *Nadia Boersch*





LEADERSHIP COMPETENCIES

Setting powerful
boundaries

Negotiation &
Conflict
resolution

Improving
Relationships

Powerful
comm-
unication

Confidence
& Presence

Authentic
Leadership

Self
Leadership

Dealing with
pressure

Change &
Leading in
uncertainty

Creative Problem
Solving

Empowerment
of others

Adaptability

YOUNG FEMALE MANAGER PROGRAM



INTRODUCTION

A nurturing and empowering environment where young female managers can harness the wisdom of horses to advance their leadership capabilities, ultimately propelling them toward successful careers and making a lasting impact in their respective fields

WHO IS IT FOR?

Young Female Managers

- Female Managers in the Early Stages of Their Careers in managerial roles
- Women on the brink of managerial roles

OBJECTIVES:

- Building confidence and empowering female managers to assert their leadership with assurance
- Improved communication skills, vital for managerial roles
- Self-reflection, facilitating personal growth and self-awareness
- Increase team cohesion, improve communication and relationships amongst team members.
- Developing strong leadership on an individual and group level.

WHAT THE PROGRAM LOOKS LIKE



STRUCTURE

We work with young female managers on the leadership competencies over a 6-month period in order for the leader to fully integrate and embody the learned skills. In parallel, we work with the team so that as the leader develops and embodies the leadership skills, the team grows with them, and feel empowered and motivated.

TEAM

- 1/2 Day Workshop with the Manager & the Team with the horses
- 1-hour follow-up meeting 2-3 weeks after the workshop to ensure that the team is aligned & empowered

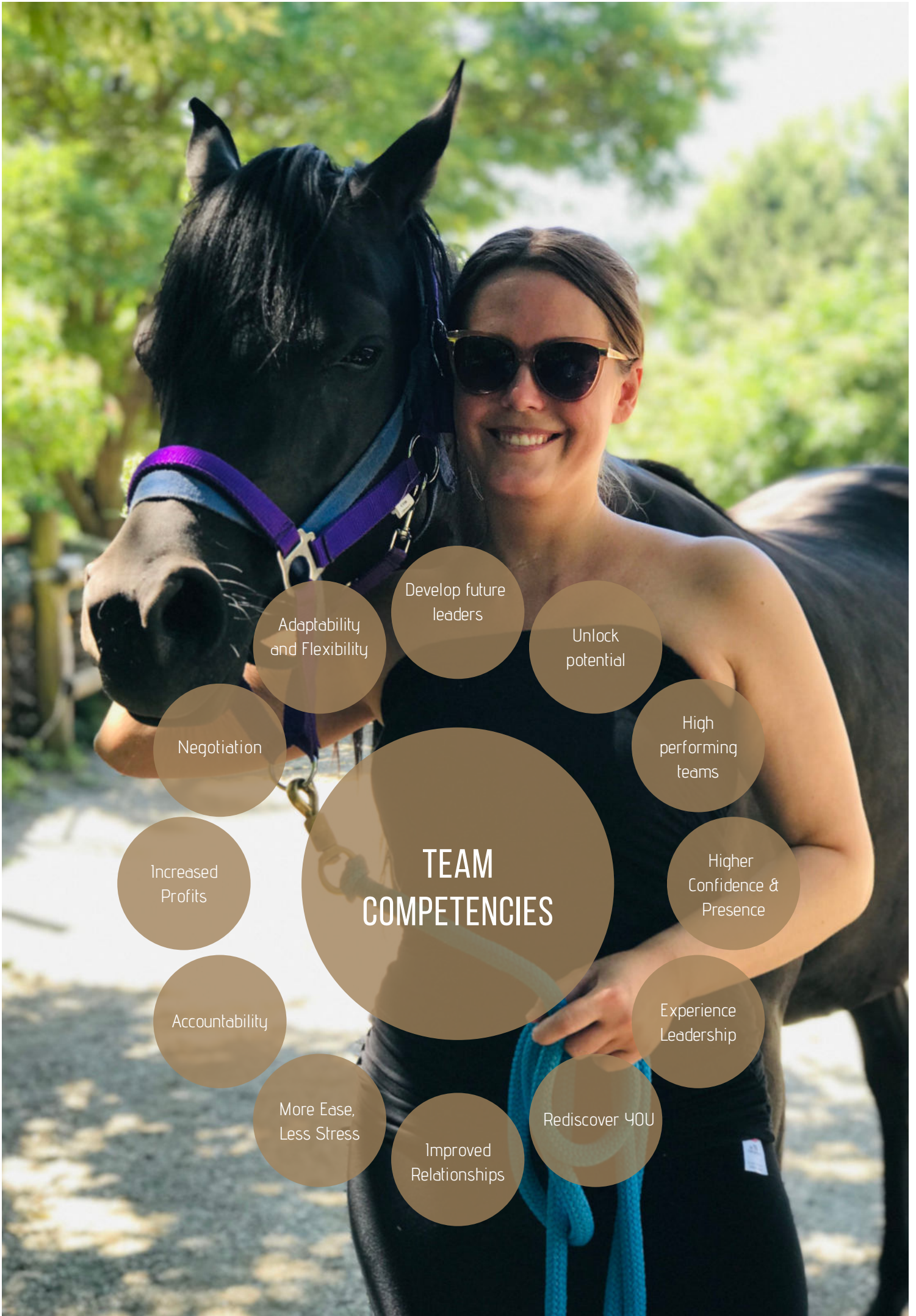
Defined Focus Topics to be chosen from team competency framework.

MANAGER

- 6 Month time frame
- Three 1-2-1 Sessions of 60 min each with the horses where we look at the competencies that are desired to be improved.
- 2 month support in between the Sessions by Voice Message

Defined Focus Topics - (these can be adapted along the way) to be chosen from leadership competency framework.

ALL OUR OFFERS ARE CUSTOMIZED TO MEET YOUR INDIVIDUAL NEEDS, ENSURING THE BEST POSSIBLE SUPPORT FOR YOU.



**TEAM
COMPETENCIES**

Adaptability
and Flexibility

Develop future
leaders

Unlock
potential

Negotiation

High
performing
teams

Increased
Profits

Higher
Confidence &
Presence

Accountability

Experience
Leadership

More Ease,
Less Stress

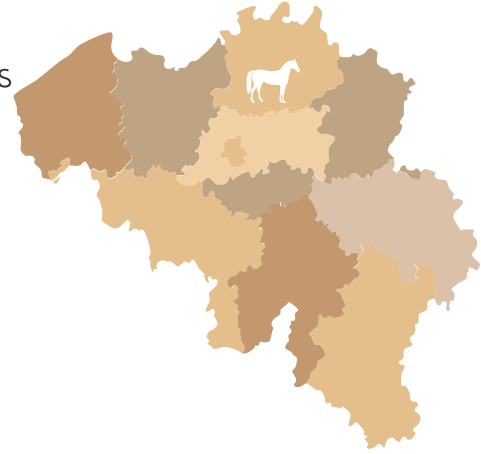
Improved
Relationships

Rediscover YOU

THE DETAILS: OUR LOCATION

We are located in the heart of Belgium just below Antwerp in a serene setting. We can welcome groups of up to 10 people in the trainings.

The young female manager program is also available via our partner locations across Europe, please check our website to see if we have a location near you.



KEULSHAAGWEG 40

2840 Reet, Rumst, Belgium



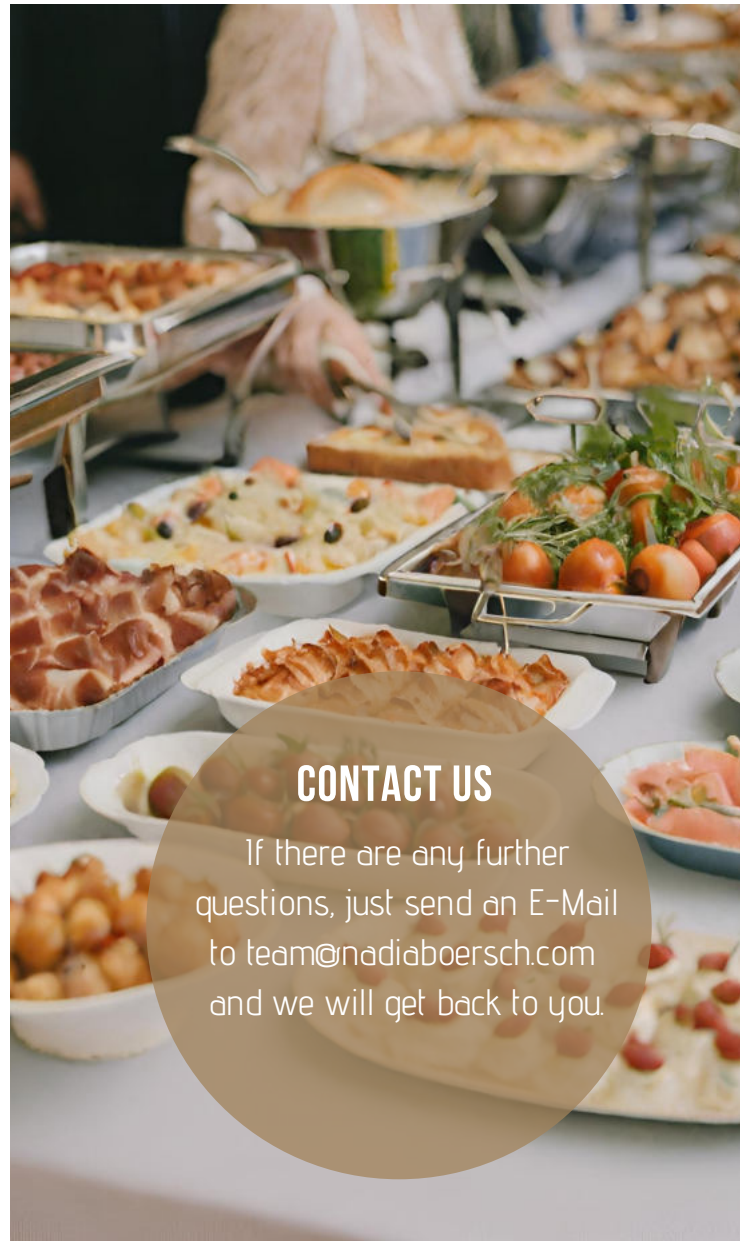
THE DETAILS: WHAT IS INCLUDED

All coachings include coffee, snacks, fruit and beverages.

We can customize the offer with food & drinks according to your liking, for example:

- After drink with the horses.
- Lunch at a restaurant close by can be organized.
- Fresh pizza at location
- Delivery of different food
(Sushi, Pizza, Salads, or more exclusive catering if desired).

All reservation dates are subject to weather conditions.



If you have any questions, scan the QR Code to view the FAQ.

CONTACT US

If there are any further questions, just send an E-Mail to team@nadiaboersch.com and we will get back to you.

WE KNOW YOUR CHALLENGES

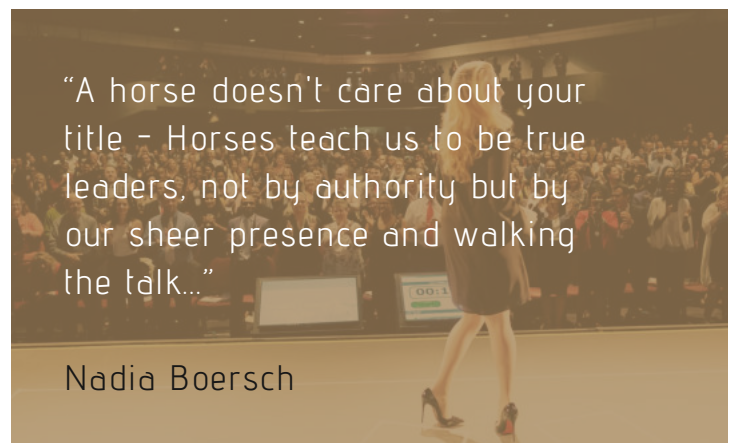


Nadia Boersch knows the challenges that leaders face, ensuring a smooth running organization whilst leading teams in an inspirational way. Nadia had spent 10 years in leading Marketing positions in Fortune 500 companies such as Nestlé, Philip Morris and Uber before founding a consulting company in Marketing and training Leaders in Leadership.

Since early childhood, she has been interpreting the language of animals, in particular horses, and the mystery of how to lead them effectively. She has 20 years of experience in horsemanship - the natural communication method with horses.

Today, she empowers Leaders with her horses to tap into the horsepower they have within. Nadia developed the methodology Leadership by Presence, in which leaders learn to rise to the Leaders Elite by increasing their presence, their natural authority and charisma. Together with the master teachers, the horses, Nadia trains Managers, Top-Executives and Entrepreneurs. It is her mission to create powerful female leaders, that are confident and authentically themselves.

Nadia also speaks on stages globally on Leadership by Presence and Branding & Marketing.



“A horse doesn't care about your title - Horses teach us to be true leaders, not by authority but by our sheer presence and walking the talk...”

Nadia Boersch

TESTIMONIALS

WHAT OUR CLIENTS SAY

"We started to find out what are the leadership techniques, the weaknesses and strengths inside each one of us, and then we learned to encounter, to face them or to challenge them. To understand what are the areas we need to work on ourselves. I learned a lot about my own leadership style and also how to be a good follower. I had a lot of enlightenment and breakthroughs during this workshop. I highly recommend this workshop for everybody who wants to grow and who wants to reach a higher level of character and personality in private and career."

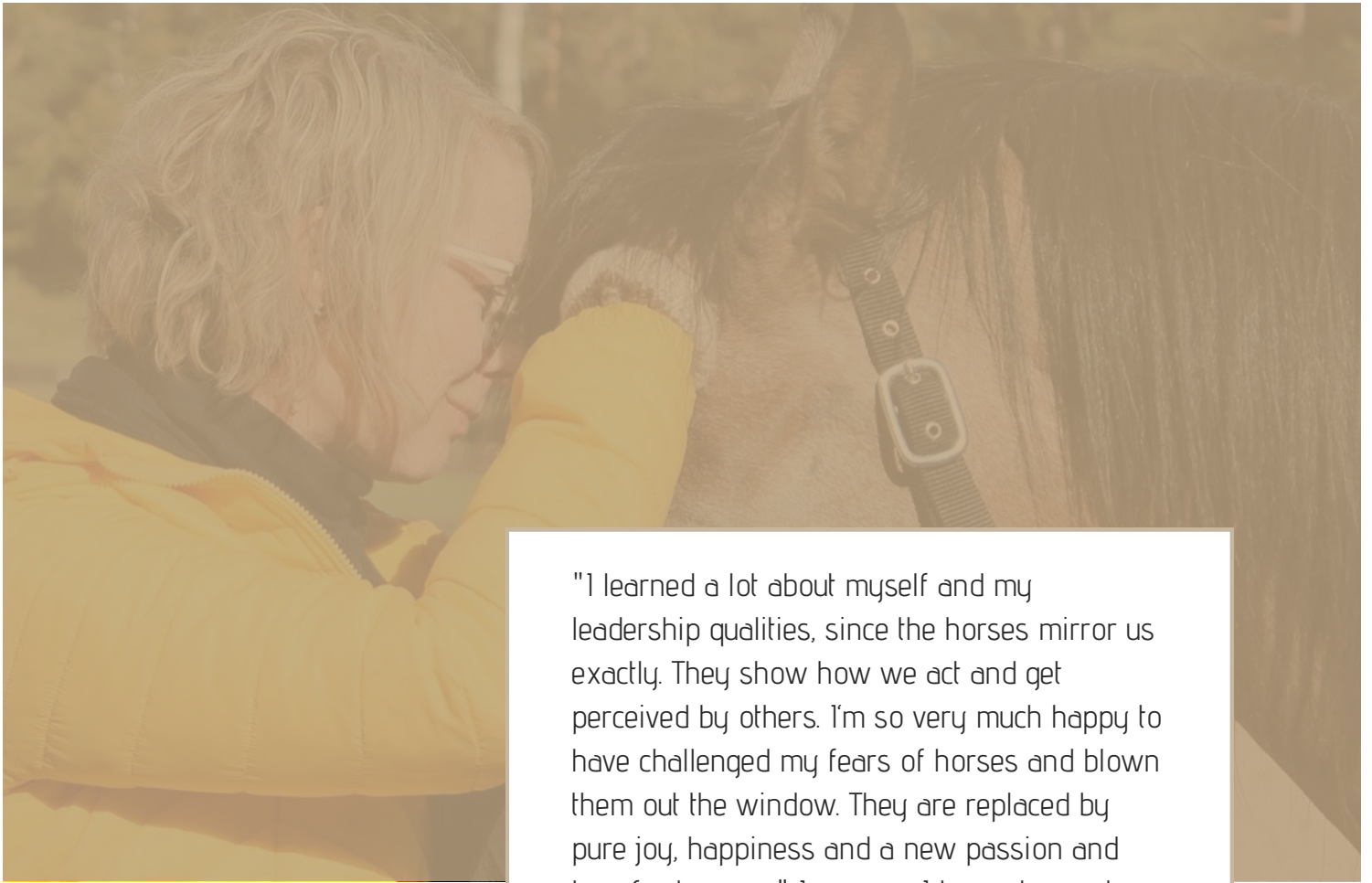


*Awin Tavakoli - Lawyer, Business Advisor,
International Speaker*



"This training is very effective to learn to manage clarity and energy, and also how to manage a team and focus on results together as a team in the daily work."

*Mirjam Blechner -
Sales Manager, Microsoft*



"I learned a lot about myself and my leadership qualities, since the horses mirror us exactly. They show how we act and get perceived by others. I'm so very much happy to have challenged my fears of horses and blown them out the window. They are replaced by pure joy, happiness and a new passion and love for horses..." I can say I have changed profoundly through the workshop with the horses.

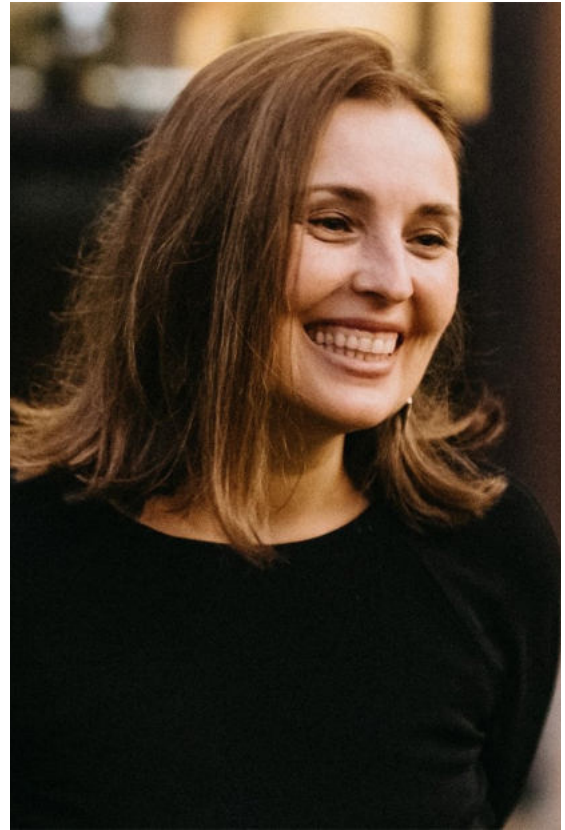
The horses showed me who I am and that I can lead through the heart."

Isabella Maria Bordoni - International Empowerment & Business Coach for CEOs



"The horses teach you how to be more confident, they are really smart animals... As I work in politics, which can be very unpredictable, it helped me go back to the classics. I learned that it is important what you are doing and where you're heading towards and to do it with a really strong determination because if you are not able to do that, the horse will not be able to follow you and this applies to any life situation, job-related, personal, really valuable. Everyone should do this training, especially politicians."

Veronica Cretu, Governance Expert



"I was blown away by how this course, it transformed my life in the most unusual unsuspecting way. I did come with an open mind since I do not do animals and got results instantly. Highly recommended"

Michelle Olufeso - Head External Reporting, Roche

CONTACT US

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