

The 17th EAHAE International Conference

- Pre-Conference Workshops
- Conference
- HorseDream Certification



Pre-Conference Workshop

Germany, September 18, 2024

Your Energetic Signature



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Venue:	www.paddocktrail-schkoelen.de D-07619 Schkölen/ Thuringia (Germany)
Facilitator:	Janet Schieferdecker, Choice Point Leadership, California/USA
Time:	9 a.m. - 5 p.m. Reflection assignment during lunchtime. Please bring your brown bag lunch.
Tuition:	<ul style="list-style-type: none"> ● EAHAE members: 280 € as a participant, 190 € as an observer ● Non-members: 380 € as an observer Limited to 12 participants

Details

Background

When you interact with others, your energy, your presence—or lack thereof—makes an impact.

- What is your impact, your energetic signature?
- How are you holding yourself daily both in the face of any personal challenges and the global, seismic shifts that have been occurring?
- Are you happy with it?

Our equine partners are divinely suited to mirror back exactly how we are showing up and to cut through the noise of our fear and pretense without judgment. If we stop to breathe and listen to them and with them, they can help us find and express something authentic to our core being.

How we carry ourselves somatically in our day-to-day lives creates an energetic signature. That signature determines the results we create.

This one-day program is about working with horses to first notice the stories we tell ourselves and the impact we create with our energy. We will be conscious of creating space away from our agenda to see and listen. We will then practice new ways of holding ourselves and observe the results.

Description of the Day

Creating change is like playing an accordion. To make the music, you have to open and expand and let in air, information, and light before contracting, narrowing your focus, into action. Using simple partnering exercises with the horses, the day will be spent creating that open space in our lives where we let in air, information, and light. We will be slowing down and getting still and then learning to move with intention.

We begin by noticing our stories and their limitations and acknowledging what is. What stories are you tethering your life to? Through what lens are you filtering information and how does that impact your somatic presence? Are you limiting yourself?

Our energetic signature is often like a neon sign over our heads that everyone but us is aware of. Horses brilliantly, frankly, and without judgment reflect that information back to us. By opening ourselves to the feedback our equine partners offer, we can begin to try out some different gears if we so choose. In each exercise, there will be an invitation to make subtle shifts in how we are holding ourselves and to observe the impact of that change on our four-legged teachers.

Much research has been done as to the calming effect being around horses has on human neurology. We will be taking advantage of that effect to reimprint our subtle body, allowing us to move forward in a

more expansive way. When we are not fully present, we close off intuition and guidance in favor of our ego-created agenda. We will give time to opening and just being in the energy fields of horses and allowing insights to occur.

And we will be learning to lead from that still center.

Objective of the Day

The focus here is on somatics and observable phenomena, noticing but not buying into assumptions and projections. The goal is to come out of any self-imposed prison by acknowledging the information our equine partners provide, trying on something else, and noticing the impact of that change.

Our intention is to create powerful reference experiences that you can apply on a daily basis.

When you change your state, you change your life.

When you consciously change your life, you positively impact others.

You embody leadership.

Sign up at: www.eahae.online/eahae-conference-2024



The facility



The hotel