

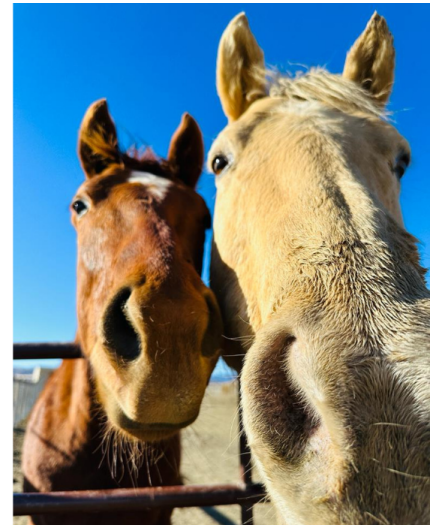


Corporate Retreats at **BELIEVE RANCH AND RESCUE**



Siri and Rescue
Horse, Savannah

Presented to



Equine Assisted Programs with **Siri Lindley**

Experience transformative leadership development at Believe Ranch and Rescue in picturesque Santa Ynez, CA. Our engaging corporate retreats are guided by Siri Lindley, expert equine-assisted leadership coach, world champion triathlete, #1 female triathlon coach globally, Acute Myeloid Leukemia survivor, author, Top 10 rated global speaker, Tony Robbins keynote speaker and esteemed Robbins Research faculty member. Drawing upon her extensive experience coaching world champions, Olympic athletes, and c-suite executives, Siri helps participants reinvent their leadership narratives.

Equine-assisted therapy, known for its profound emotional and psychological benefits, forms the cornerstone of our retreats. Horses, with their intuitive and nonjudgmental nature, stand as mirrors for participants. While engaging with these majestic animals, participants learn to communicate effectively, build trust, and establish boundaries—skills essential for effective leadership.

As they depart, participants carry with them not only memories of their time at Believe Ranch and Rescue, but invaluable insights and skills that will positively impact both their personal and professional lives. The combination of equine coaching and expert guidance provided by Siri ensures that each participant experiences profound growth and champion transformation during their time at Believe Ranch and Rescue.



The ChampionMind™ Equine Experience

Crafted by Siri Lindley, the creator of the ChampionMind™ trainings, this life-changing experience integrates equine-assisted coaching and champion mindset strategies, enabling participants to conquer barriers, cultivate resilience, and access their inner strengths

Siri believes personal development is essential for organizational growth. She knows that many individuals harbor doubts about their leadership capabilities, succumbing to

imposter syndrome or a fixed identity that impedes their growth. Leadership with horses demands authenticity and clarity, as it directly impacts safety and trust.

Throughout this immersive program, Siri expertly guides participants through dynamic exercises aimed at increasing self-reflection, goal-setting, and champion mindset refinement. With her expertise working with elite athletes and successful c-suite executives alongside the gentle presence of horses, individuals uncover invaluable insights into their thought patterns, behaviors, and limiting beliefs.

The program spans three days, commencing with a Friday evening session, followed by a full day on Saturday, and concluding with a half-day on Sunday for participants.



WEEKEND HIGHLIGHTS

- Engage in a total comprehensive self-transformation program led by Siri Lindley, where every moment is meticulously crafted to enrich growth in all aspects of your life.
- Immerse yourself in powerful workshops with the horses each day.
- Experience special surprises designed to level up your resilience, confidence, and optimize health and energy.
- Enjoy peaceful personal time with the 22 rescue horses residing at the tranquil Believe Ranch and Rescue.
- Take on a special individual goal attainment program created by Siri, that champions individual growth and accomplishments.

- Participate in scenic area hikes in the Santa Ynez Mountains, allowing nature's beauty to inspire you.
- Engage in energizing 15-20 minute workouts led by Siri and her wife, Rebekah Keat, a 6x Ironman champion athlete and high performance coach.
- For those seeking a high level athletic experience, Siri and Rebekah will develop a personalized plan to help you conquer any athletic goal, whether it's a 5k or a marathon.
- Feel free to explore the area's vineyards and enjoy the award winning local wines.
- **Leave feeling refreshed, renewed, and ready to conquer any challenge!**



Proven Results from Siri Lindley's Equine Assisted Immersive Trainings

- **Elevated Mindset** with Siri's proven ChampionMind™ Mastery tools and trainings.
- **Enhanced Nonverbal Communication:** Participants experience heightened awareness of nonverbal cues and improved their listening skills as they interact with horses. Horses teach participants how to be clear with communications.
- **Tolerance and Non Judgement:** Witness a horse herd and you will see they live in the present moment, are non-judgmental, tolerant and practice acceptance which teaches participants how to practice the same.
- **Conflict Resolution and Enhanced Team Dynamics:** Like horses, people are also social animals and need to know where they belong. Without this structure, people struggle in

their effort to excel, participate and collaborate. In witnessing herd dynamics with Siri facilitating, organizations learn how to function better within a group.

- **Gained Valuable Feedback and Reflection:** Participants receive immediate and honest feedback from the horses, leading to profound self-reflection and personal growth as they processed their experiences and applied insights gained.
- **Improved Emotional Regulation:** Through their interactions with horses, individuals learn to manage their emotions more effectively, gaining valuable skills in stress reduction and emotional regulation.
- **Boosted Trust and Confidence:** Having built meaningful connections with the horses, participants leave with increased self-confidence and trust in themselves and others, nurtured through the mutual respect developed during the sessions.
- **Developed Problem-Solving Skills:** Engaging in various activities with horses facilitated critical thinking and problem-solving abilities among participants, who learn to adapt and find creative solutions in real-time situations.
- **Fostered Responsibility and Leadership:** Through the care and interaction with horses, individuals embraced responsibility and demonstrated leadership qualities, making informed decisions and taking initiative in their interactions.
- **Cultivated Empathy and Compassion:** Understanding the needs and behavior of the horses encourages empathy and compassion among participants, fostering deeper connections with others.
- **Enhanced life, career, and relationships.**

Experience Siri's top-rated equine-assisted programs and reserve beautiful Believe Ranch and Rescue for your organization's next training program.

Contact: Jennifer@SiriLindley.com

Phone: 818 468 3635

www.SiriLindley.com

Social Media: [@SiriLindley](https://www.instagram.com/SiriLindley)

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