

## **L.E.A.D.**

Living with Empathy, Authenticity, & Discernment  
*Embodied Leadership for Women*

September **2027** - exact dates TBC  
Trealy Farm, Monmouthshire

Exclusive 4-night, in-person, Equine Facilitated Learning programme.  
Max. of **SIX** participants

**Introductory rates apply for this first edition only!**

**Early bird:** £1500\*

(£500 non-refundable deposit to be paid by midday on **31st October 2026**)

**Standard:** £1900\*

(£500 non-refundable deposit to be paid by midday on **31st March 2027**)

\*Price includes all meals, single-occupancy accommodation, and all programme materials - tailored payment plans available.

**Arrive:** 6pm (dinner at 7pm)

**Depart:** 2pm (lunch at 1pm)

### ***The inspiration...***

**“Arthur:** Iris, in the movies we have Leading Ladies and we have the Best Friend. You, I can tell, are a Leading Lady. But for some reason, you’re behaving like the Best Friend.

**Iris:** You’re so right. You’re supposed to be the Leading Lady of your own life, for God’s sake. Arthur, I’ve been going to a therapist for three years and she’s never explained anything to me that well. That was brilliant. Brutal, but brilliant.”

From the film ‘The Holiday’, released in 2006.

### **YOU are the Leading Lady of YOUR Life!**

However, due to the societal systems we grow up in, the vast majority of women I encounter, including myself, have incredibly strong people-pleasing and perfectionist tendencies which prevent us from truly taking up the space we’re worthy of in ways that feel natural and authentic to us as unique individuals.

***Beliefs that get in the way might sound something like...***

I'm not confident enough, assertive enough, qualified enough, experienced enough, courageous enough, audacious enough, feminine enough, pretty enough, wise enough, important enough, desirable enough, attractive enough, powerful enough, clever enough...

**Any and all 'not enough' statements we may slip into.**

OR

I'm too emotional, too sensitive, too quiet, too loud, too opinionated, too brash, too nice, too attractive, too intimidating, too ambitious, too domineering, too demanding, too shy, too sexy, too powerful, too clever, too picky, too bossy, too intuitive, too irrational...

**Any and all 'too much' statements we may slip into.**

If you resonated with ***any*** of these beliefs, L.E.A.D. was designed for YOU.

***The intention...***

My aim with L.E.A.D. is to support you to feel more accepting of and confident in being your Truest Self and trusting that YOU, just as you are, are more than good enough to take up space, use your voice, and lead your Life in the most authentic and aligned ways possible.

You will see me modelling this for you throughout your time with me. You will see me being 'Abbie', the perfectly imperfect human that I am, while also leading this small group of women. You will not see me 'trying to be a leader', whatever that is. You will see me being myself and leading as myself, not donning a 'leadership persona' so as to appear more professional, more authoritative, or to be taken more seriously.

Let me be abundantly clear, the aim of this programme is to instill the belief that you are a highly effective and influential leader when you embody more of who you truly are at your core and let go of all the conditioning holding you back. This will look and feel completely different for each woman in attendance.

My intention is for you to experience a flat structure in the group - just because I'm leading the programme doesn't make me any better than you. I'm fully aware that you will come with your own wisdom, your own expertise, and your own Life/professional experience that will be welcomed and gratefully received as an enriching part of our time together.

My poem - **Walk with me**

When you choose to work with me,  
I am not ahead of you or above you.  
I'm not pushing you along from behind.

Instead, we walk together,  
Side by side,  
Marrying the wisdom each of us has collected from previous roads travelled,  
Co-creating a journey which benefits us both.

Oh yes!  
I reap the rewards of your company too!

As I support you, my holding capacity deepens.  
As I reflect back parts of you that have long been forgotten, my ability to see in the dark gets more refined.  
As you become more acquainted with yourself, I have the pleasure of getting to know you.  
As your self-awareness increases, my curiosity is invited to expand.

I am the student as much as I am the teacher.  
I follow your lead as much as you follow mine.

Shoulder to shoulder,  
We forge our unique path forwards.

This is what it is to walk with me.

### ***The vibe...***

Relaxed yet intense  
Comfortable yet edgy  
Courageous vulnerability  
Being the Headliner and being an eager member of the Audience  
Cultivating softness as a strength  
Applying bodymind wisdom in practical terms  
Deeply listening to Self and others  
Powerfully and authentically taking up space so as to be truly seen

## ***Themes to be explored...***

Authentic Self-expression - marrying up how we feel on the inside with what we're portraying on the outside through addressing:

- Non-verbal communication
- Emotional agility
- Limiting belief and behaviour patterns
- Posture and body language
- Voice work
- Clear verbal communication
- Yin & Yang energetics of leadership

## ***The structure...***

Each day:

- Buffet breakfast
- Opening Circle with body, breath, and voice practices and thorough check-in
- Theory and human/horse work
- Lunch (2 hours)
- Horse work
- Deepening theory and reflective work
- Closing Circle with body/breath work and check-out
- Buffet dinner

## ***Why work with horses?***

Horses model 'authenticity in action'. They are completely connected to their bodies, their herd mates, and their environment without being hyper-vigilant even though, technically, they are prey animals.

When we interact with a horse we get real-time, genuine feedback about what we're embodying and emitting in the present moment.

Working with horses offers the perfect practice ground for stepping into more of who we truly are on a physical, body-based level.

Often, we can understand concepts cerebrally but then lack the safe space, confidence, and/or know-how to be able to apply them practically. Working with horses gives you the

opportunity to bring head-based knowledge down into the body to be applied to a real-Life experience with a horse.

Once you've experienced this shift in your embodiment, you create a new baseline standard for yourself. You've embodied this truer version of you in this scenario, so where else in your Life can you work on applying the same level of embodiment?

### ***The venue...***

Trealy Farm, its land and its horses, is where I have had some of the most profound healing experiences of my Life.

Our work will take place in various locations on the farm - the most beautiful indoor arena I've ever had the pleasure of being in; the purpose-built, cedar-clad pavilion with breath-taking views out to the Brecon Beacons; and the barn and fields.

You will have your own room and access to either a shared bathroom if you're in the farmhouse or your own private bathroom if you're in an ecopod or wooden cabin. There is also a bathroom available in the pavilion for any participants to use.

There is a wood-fired sauna in the pavilion, an infrared sauna in the back garden of the farmhouse where you can also access a fresh water pond for swimming. These amenities are available for you to use throughout the duration of your stay.

### ***The food...***

This programme is fully catered from dinner on Tue 8th to lunch on Sat 12th.

All allergies and preferences can be catered for, just let me know when you apply.

Our caterer will be staying with us on-site. You'll meet her on your first evening.

Breakfast will be available as a 'help yourself, grab-and-go' affair from the pavilion.

Lunch will be a sit-down meal with two courses.

Dinner will be a similar service to breakfast.

Snacks and drinks will also be available, but please feel free to bring your favourites.

Our chef is the incredible Vee Maksimova. Vee is a fully-trained naturopath who is passionate about the healing power of good food and lifestyle choices for women. Vee healed her own polycystic ovary diagnosis by altering her diet and taking care of herself better. She has a wealth of knowledge and experience which she is always happy to share with anyone who's interested.

### ***Breaks and space...***

We will be covering A LOT of ground during a very short amount of time together! Different people have different needs when it comes to balancing being part of a group and spending time alone to process and decompress.

I've specifically designed our meal times to cater for these differing needs.

You can stay and eat breakfast in the pavilion, or, you can take what you want and eat somewhere else.

At lunch time, we'll sit together to eat, but I've deliberately scheduled a 2-hour lunch so that once we've eaten, you can go for a walk or take a nap to enable you to come back to the afternoon of learning feeling as refreshed as possible.

Dinner has been designed similarly to breakfast.

### ***Horse experience...***

No horse experience is necessary, however a fascination with, admiration of, or curiosity about horses is preferable, even if you are slightly scared or intimidated by them.

Experienced horse women are also most welcome too, of course!

### ***Leadership experience...***

This is open to any and all levels of leadership.

Whether you are a CEO leading a large organisation, a mother leading her children, or a woman looking to lead the Life of her dreams, this programme will be of immense benefit to you.

### ***Self-development experience...***

Whether you've been exploring Self-development for a while or you're just beginning to dip your toes in, this programme works as a brilliant expander and deepener or as an excellent jumping off point.

I Love facilitating groups of participants with a range of experience levels as I feel it creates the richest learning environment for all those involved.

Over the years of doing this work I've found that we can learn as much from someone just starting out on their journey as we can from someone who has been in the field for decades.

Stepping into the magic and endless possibilities of the present moment is the great leveller.

### ***About me, Abbie Tagney...***

I've always had an uncanny ability to 'read' what other people's bodies and voices are subconsciously communicating. Delving into all the body-based awareness work I've done in the last eight years has created a more conscious awareness around this ability and this will be my focus for this programme - to help you create more conscious awareness around how or what you and others are communicating, even when nothing is being said.

My professional background in dancing, singing, and acting helped me form a solid foundation with posture, voice, and body language which has only expanded since undertaking my EFL and coaching work.

At all times and in most any situation, I am acutely aware of how I'm feeling, how I'm breathing, how I'm holding my body, and how this directly impacts the tonality of my voice, how clearly I'm able to think and speak, and even the words I choose to use.

As well as being highly attuned to myself, I'm also attuned to my environment, most especially the people in it.

I am picking up on the way they are sitting or standing, facial expressions, their texture or 'feel', the quality and tone of their voice, the words they are choosing to speak and at what tempo.

There is so much at play and so much information exchanged in even the shortest, simplest of meetings between two people!

I truly believe that one of my greatest gifts is being able to 'see' people to a level of depth which, being on the receiving end of, can feel both Life-affirming and scarily confronting in equal measure.

I predict that L.E.A.D. will, at times, make you feel like you are standing naked, completely exposed, and incredibly Self-conscious.

And that's exactly the point - to shine awareness on the ways you hide who you truly are for fear of your Truest Self being seen as 'not enough' or 'too much', when actually, it's exactly right.

“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, ‘Who am I to be brilliant, gorgeous, talented, fabulous?’ Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won’t feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It’s not just in some of us; it’s in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.”

Marianne Williamson

I believe we’re ALL here to lead by example so as to lift each other into ever greater and more expansive potentialities.

### ***Authentic community...***

Flying in the face of more traditional psycho-therapeutic models of work, my programmes are open to my friends, family members, and former or current colleagues.

We evolved from close-knit communities where the healers, teachers, and leaders were all active members of and participants in said communities. My programmes aim to reflect and model the true nature of community care.

### ***Phones, family, and alcohol...***

As much as possible, we will be operating under a ‘no phones’ policy throughout the day. I advise wearing a watch if you like to keep an eye on the time and keeping your phone in your room as opposed to bringing it with you.

No partners, children, or pets on-site staying with you.

If they want to stay somewhere nearby where you can go meet them, that’s okay.

To get the most out of this programme the less outside responsibilities you have and the more space you can take for yourself the better.

There will be no alcohol served during the programme.

What you do in your own time is entirely up to you.

Be aware that alcohol dulls your senses and acts as a numbing agent. The whole point of this work is to begin feeling okay with being able to feel everything about yourself. In my experience, consuming alcohol directly blocks us from being able to do this.

I understand there can be exceptional circumstances where these policies may need to be altered. If you feel you fall into this category, please speak to me about it via email before you apply - [hello@abbietagney.com](mailto:hello@abbietagney.com)

***Participation in L.E.A.D. is by application only...***

If you are at all interested in taking part in this programme (even if - especially if! - it scares the bejeezus out of you), please fill out an application form to register your interest.

I will then be in touch to arrange a phone or Zoom call to discuss any further questions you or I might have.

To secure your place, a non-refundable deposit of £500 is required (payment plans available on request).

There are only SIX PLACES and I'm anticipating they will sell out.

To apply, [click here](#).