

@REBECCATDICKSON

HORSE MEDICINE

A WEEKEND RETREAT TO REMEMBER WHO YOU ARE

REBECCATDICKSON.COM

HORSE MEDICINE FOR EXCEPTIONAL WOMEN LEADERS

- **ABOUT US**
- **OUR MISSION**
- **WHAT WE OFFER**

REBECCA T DICKSON INC WAS FORMED IN 2008 TO FACILITATE WOMEN IN ONLINE BUSINESS. Since that time, we have served tens of thousands of women globally with strategy, community, mindset, neuroscience, psychology, horse therapy, nature-based intervention & more.

- **INTEROCEPTION**
- **WHAT YOU SAY**
- **THANK YOU**

We believe women who are in touch with their bodies are unstoppable. We also believe reattuning to your body's wisdom is best done by working with horses. They show us how to honor ourselves by being exactly who we are. Our retreat space shuts out the noise so you can hear yourself.

REBECCATDICKSON.COM

THE MISSION

01. AWARENESS OF YOUR BODY'S SIGNALS

This ONE thing - awareness of your body - gives you important feedback about how you're feeling. It also gives you **valuable** information about the situation at hand. In cases of dysregulation, your body signals also serve as an alert that your internal balance is off.

02. BUILD TRUST WITH YOURSELF & YOUR INNER KNOWING

Your body is asking you to take action by doing something to restore the balance & help your body feel more comfortable. Every time you notice and act on behalf of your body, this creates new neural pathways of understanding. The more often you check-in with yourself, the stronger the pathways & the more safe you feel.

03. HORSES SHOW US THE POWER OF LISTENING IN A WORLD THAT WON'T STOP TALKING

Horses, by nature, are extremely sensitive to their environment. They respond to what is presented to them by reflecting how it feels. When you show up, they will display behavior and body language in response to you. And you might be startled by what you see. The benefit of horse medicine is it puts you back in your body, noticing your own signals. By honoring those, by giving yourself what you may not even know you needed, you build stronger self-trust, confidence and competence. All of which makes you a better human and a stronger leader.

THE MISSION



WHAT WE BELIEVE:

You have the ability to create whatever you desire - and it never has to come at your own expense. Grinding and burnout are not traits truly successful people hold. Slowing down to listen to your body's infinite wisdom allows you to take the right actions at the right time. No more hustle.

HOW WE OPERATE:

Each experience with the herd is as unique as the person in the paddock. We do not begin retreats or sessions with a pre-determined agenda - other than asking you if you have a specific question for the herd. We believe organic unfolding is the most powerful way to receive horse medicine.

WHAT WE OFFER

**WE SUPPORT
LEADERS IN A WAY
THAT ALLOWS
YOUR GENIUS TO
UNFOLD ON ITS
OWN**

BENEFITS

Nothing is ever forced. The horses' messages, your own wisdom and truth, your right next steps, all come of their own accord.

There is incredible power in stillness and listening. Horses hold space for you to hear yourself.

What is revealed shows in their body language.

THE MEDICINE

Some women receive messages about leaning back and receiving. Others realize where they've been holding themselves back. Still others discover a long-forgotten passion.

No two people will see or experience the same thing, even at the same time. **We see in our lens what we hold in our lens.**

INTEROCEPTION



Interoception is a fancy word for an everyday practice you already (subconsciously) do. This isn't new to you. When you are hungry, thirsty, or need the toilet, that's interoception: Clear awareness of your body's signals.

This not only gives you important feedback about exactly how you're feeling, it also gives you valuable information about any situation at hand.

For example, what you are doing or where you are could make you feel content, happy or anxious. In cases of dysregulation, your body's signals also serve as an alert that something is off. Your body is asking you to pay attention and take action by doing something to restore the balance and help your body feel more comfortable.

In other words, noticing the way your body feels is what motivates us to self-regulate. And that looks different for everyone.

INTEROCEPTION



The more you notice your body's signals, the safer your body feels.

If you notice your stomach growling, that feeling is a clue that you're hungry, which then might motivate you to take action and eat.

Or maybe you notice shivering muscles or goosebumps on your skin, which gives you clues that you're cold. This might prompt you to put on a sweater.

Or possibly you notice a tight feeling in your chest, a racing heart and tense muscles, which might tell you that you're anxious, and urges you to seek comfort.

The problem for a large swath of powerful leaders is they rarely notice their bodies at all. Many, in fact, work hard at ignoring their bodies in favor of performing the next task, staying up later, even telling themselves they don't have time to be tired, angry, sad, etc.

INTEROCEPTION



This is wildly unhealthy and is **often the very thing preventing a woman leader from upleveling herself and her business.**

If your interoceptive body sensations are what motivates you to do something to restore comfort within your body, but you repeatedly ignore those requests... You are sabotaging your connection to yourself, your inner wisdom and what you already know is best for you.

How does this help in business?

The practice of noticing what your body wants requires you to check-in with your body – which already sends you messages (you probably ignore).

Being present with your body in a non-verbal way creates new neural pathways of understanding. The more often you check-in with yourself, **the stronger the pathways & the safer you will feel.**

INTEROCEPTION



As you continue to listen and respond to your body, you build self-trust, confidence and competence with all the parts of you that were scared. Those parts begin to feel seen and heard and, therefore, they relax. *And that means you get to relax.*

RELAXING IS PARTICULARLY IMPORTANT WHEN YOU'RE ABOUT TO TRY NEW THINGS, show up in a new way, announce a new program or strategy...

Horses help us because they are extremely attuned to their environment & the people in it. Their body language shows us all the ways WE are ignoring our body's signals.

They show us emotions and sensations we don't even know we're carrying. And they do it instantly.

HORSES SHOW US THE POWER OF LISTENING IN A WORLD THAT WON'T STOP TALKING. The result is profound and lasting healing.

WHAT YOU SAY



"The full-bodied emotional release I experienced was so powerful, I can't put it into words. There were tears and so much tension melted out of my heart space, back, neck, and shoulders – horses have a way of getting you out of your thinking mind and into our bodies, like yoga.

Their hearts, vibrational frequency, and resonance is so much larger than ours – their presence has a profound effect on the human nervous system. Observing them in their natural state like this – unbridled free and pastured in a herd – they can be potent mirrors to see into our own blind spots."

– Becca Fox

WHAT YOU SAY



"My session with Becky and her beautiful horses was truly incredible. The energy, empathy, and intuition of the horses created an instant calm and sense of safety.

Through the horse's innate power, they helped me understand and confirm a few unconscious fears I have been experiencing as I continue to expand and uplevel in my impact and business.

My body had been aware that something was lying beneath, and this session confirmed exactly what I was struggling with. And now that I'm aware, I can shift it.

Becky horse's are truth tellers. Becky is the bullshit slayer. Together it's an unparalleled match. If you get the opportunity to do this, DO IT. Oh, and did I mention it was virtual?!" – Tracy Litt

WHAT YOU SAY



"Working with horses is magic.

This work uncovered blocks and limits I had no idea I was holding. It's the next layer beyond consciousness...

There were times when I was shocked at what came up. There were times where I made huge internal progress in my own growth and development. And the process taught me the incredible value in learning how animals can support me in resetting my nervous system." – Corrina Snow

JOIN US

Join us for a one-of-a-kind experience in Vermont's Northeast Kingdom for unparalleled self-knowledge in an environment of unparalleled beauty.

Leaders who want to go beyond any current ceiling or sticking point are invited to reach out for one-day or weekend immersions.

Allow the horses to mirror for you the guidance you need most. With the herd, you come home to yourself.

Be held by the land & the herd. Remember: you have the power. You always have & you always will.



JOIN US

WE LOOK FORWARD TO SERVING YOU

WHAT: HORSE MEDICINE FOR EXTRAORDINARY LEADERS

WHEN: By appointment. Please contact us at becky@rebecatdickson.com

WHERE: CRAFTSBURY, VT, USA

DETAILS: Weekend retreats are Friday evening until Sunday at 4 pm. One-day immersions are available. Lunch will be provided. Contact us for pricing and dates.

*Travel and accommodations are not included. However, we can provide you with a list of recommended Airbnbs and inns very close to our property.

REBECCATDICKSON.COM