

Dear Gillian and team;

I wanted to take a moment to share with you my experience of and a follow-up to the E3A workshop that you and the horses facilitated at Pine Knoll Farm in Lexington, Kentucky on October 19, 2013

So the question was, 'What would it take for me to live my best life?' My reply was pretty simple, "I feel like I am living my best life right now. I *would* like is to be able to express to others what I'm passionate about."

If I were to make an educated guess regarding which of the learning styles are most dominant/ most effective for me, kinesthetic and experiential would clearly have *very* large slices of the pie. What I brought with me to this workshop was perhaps an anchoring to, my version of navigating through life in my, experiential learning comfort zone.

To start off with, all participants were asked to complete the Strengths Finder assessment and come prepared knowing something about those top five strengths. We arrived early Sunday morning to warm greetings, a friendly atmosphere, and our name tags complete with our "top five". Having that kind of information about each person proved more than just a great icebreaker, it kicked the experiential learning into high gear effortlessly, right from the start. With willingness in common, we began to jump in, have fun and explore together, in a safe and mindful environment created by a team of committed people. It was challenging for me at times, so I reminded myself that when I have the courage to step out of my comfort zone, I reeeeaalllly grow. What's interesting to me is that the growing didn't stop at 4:30, it continues, which makes each day pretty exciting.

What opened up for me is a new form of willingness, one that is more present, more in my body, a higher level of engagement in my daily activities and . . . I'm having more fun ;) In a nutshell, what unfolded throughout the day was a bit miraculous (as in life's everyday miracles) that I hope everyone gives themselves an opportunity to experience.

*Many thanks for an unforgettable and transformative event,*

*Grace Schwartz*

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