

What Would It Take To Be Living Your Best Life?

By Sue Clark

What would it take to be living your best life? This was the question I pondered as I looked at the invitation to attend the E3A workshop at Pine Knoll Farm in Lexington, Kentucky. My first thought was, “Well, I think I am living my best life”. My next thought, was “Well, if I am living my best life why not put my best foot forward and step into the opportunity to attend this workshop?” It sounds like fun! I phoned Gillian Vallis who was hosting the workshop with an eager desire to reserve a space. The first requirement after reserving my space was to complete a bit of homework which included the purchase of the Strengths Finder 2.0 book. I was also instructed to complete the online assessment which provided feedback on my top five strengths. The feedback was enlightening.

I arrived at the workshop a few days later and encountered an even greater enlightenment. The facilitators of the workshop were gracious and implemented an exceptional job of facilitating. One of the best parts of the workshop was the opportunity to accept the unfolding awareness of collaborative team-building and receiving feedback from the very special equine facilitators. One of my favorite quotes which is written in “My Favorite Quote” Journal is, “Horses never lie”ⁱ. This quote was the harmony of the musical chords which created a symphony of learning throughout the workshop. The equine facilitators did their job of living their best life and offered the special bonus of assisting the human participants with a new awareness of how to live their best lives as well.

ⁱ Horses Never Lie: The Heart of Passive Leadership by Mark Rashid