

Find your Flow

Personal Leadership & Vision with Spiritdance Coaching

WWW.SPIRITDANCELIFECOACHING.CA

DONNA BRINKWORTH



TAKE PART IN A UNIQUE AND INPIRING JOURNEY TO AWARENESS, TRANSFORMATION AND PERSONAL MASTERY
MAKE NATURE YOUR CLASSROOM, AND MAKE YOUR DOG – YOUR PARTNER!

LET GO AND LET DOG! LEARN BY MAKING YOUR DOG YOUR PARTNER IN THIS FUN AND CHALLENGING WORKSHOP SERIES FOR INDIVIDUALS AND TEAMS.

Tired of classroom workshops that are all talk and no action?

GET OUTSIDE AND BRING YOUR DOG TO THIS INNOVATIVE, FUN AND INSPIRING WORKSHOP – GREAT FOR TEAMS TOO!

Nature is your classroom as you will discover how quickly you can harness your personal leadership style by teaching your dog to use its powerful nose. Work with Donna Brinkworth, Professional Coach and Dog Tracking Instructor. See immediate results and gain quick insights into your personal style.

<h3>AWARENESS</h3> <ul style="list-style-type: none">• Discover your personal leadership style• Identify how your values can be harnessed to achieve success• Bring the right attitude to the task• Challenge your beliefs	<h3>TRANSFORMATION</h3> <ul style="list-style-type: none">• Immediately understand the impacts of your words and actions• Build confidence and commitment• Discover hidden gremlins and silence your inner critic• Learn about the importance of motivation, reward and recognition
<h3>MASTERY</h3> <ul style="list-style-type: none">• Find flow and balance in your thoughts and actions• Mission, Vision and Goal-setting related to a real-life task• Learn new skills• Channel your intuition to make fast, powerful decisions	<h3>OUTCOMES</h3> <ul style="list-style-type: none">• Tangible, clear measures and evidence• Valuable feedback• Identify new habits to add to your personal toolkit• Undertake a personal SWOT analysis

It's amazing how a dog's honest feedback can change your outlook! By working on a meaningful task with immediate, positive results you will see the important connections between your thoughts, words and actions as you work with your own dog. Leave with an action plan to develop new habits and take steps to meaningful personal transformation revealed as you have fun learning a new skill with your faithful canine partner.



"The Spiritdance Seminar was amazing! The most valuable part of the workshop is Donna's feedback! Donna you are an inspiration; expert instruction – amazing and knowledgeable coach."

Visit www.spiritdancetrackingcommunityonline.wordpress.com to learn more about this ground-breaking leadership training opportunity. Contact Donna via the form online, to discuss personal leadership or team training opportunities.



Team Success

Team Skills Training with Spiritdance Coaching

LOOKING FOR A NEW IDEA FOR YOUR TEAM? GET OUTSIDE AND LEARN IN NATURE'S CLASSROOM. WORK TOGETHER TO TRAIN DOGS TO USE THEIR POWERFUL NOSES, HARNESSING DESIRED TEAM DYNAMICS FOR SUCCESS!

Donna Brinkworth has provided tracking clinics since 1995. Over time, she realized that the key to a dog's learning, motivation and success lies in team dynamics. Using this information combined with her Coaching skills, Donna is excited to offer this unique team training opportunity.

<h3>PROJECT MANAGEMENT</h3> <ul style="list-style-type: none"> • Establish purpose and vision • Design a project plan • Establish a timeline and benchmarks • Determine resources required 	<h3>DEVELOP A PROJECT CHARTER</h3> <ul style="list-style-type: none"> • Establish a team agreement • Determine common goals • Identify roles of each team member • Share resources and contribute skills
<h3>TEAM SKILLS</h3> <ul style="list-style-type: none"> • Communications – listening, sharing • Trust in your team • Commitment and accountability to the team • Working in partnership to achieve goals • Showing up – support your partners 	<h3>OUTCOMES</h3> <ul style="list-style-type: none"> • Tangible, clear measures and evidence • Valuable feedback • Empowerment • Discover your inner strengths and how they contribute to the Team's strength • Achieve desired outcomes together!

It's amazing how a dog's honest feedback can change your outlook! By working on a meaningful task with clear results you will see how individuals can gel to achieve powerful teamwork!



"Donna, you are one of the best instructors I have ever had! I don't offer this comment lightly. Right from the first moment you made everyone feel welcome, setting the stage for relaxed and therefore effective learning. You have an unbelievable amount of knowledge and skill and yet such an unassuming, patient manner that everyone is engaged and just swept along on this learning experience."

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