

# Presence Over Pressure

## Leadership with Integrity and Connection

You've built your success through hard work and insight, but leadership isn't just about strategy or knowledge. It's about presence, influence and emotional intelligence.

Whether you're leading a team or leading yourself, it's easy to fall into reactive habits, especially in high-pressure environments. The result? Misalignment, disconnection, self-doubt and missed opportunities for growth, innovation and impact.

Effective leaders must master not just business tactics, but the art of communication, trust-building and self-regulation. Authentic leadership transforms workplace culture.

Even the most capable leaders experience imposter syndrome, burnout, or the pressure to have all the answers. Strong leadership isn't about control. It's about trust, influence, and the courage to lead with authenticity.

The Solution: A two-day, transformational experience designed to reset your presence and reconnect you with the leader you want to be. Using a blend of NLP, emotional intelligence and equine facilitated learning, this immersive leadership development programme cuts through surface-level solutions and creates space for real, lasting change.

You'll Walk Away With:

- Practical tools to motivate, align and influence others
- Stronger communication and emotional agility
- Deeper alignment with your values and leadership style

So that you can lead with authenticity and confidence.

Whether you're booking as an individual or looking to bring this programme to your whole team, this is not just an awayday. It's a leadership evolution.

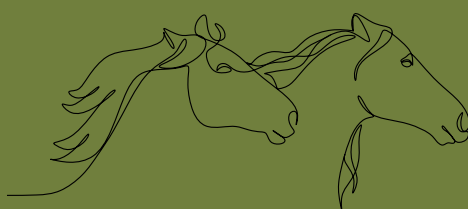
Presence Over Pressure. Because real leadership starts with how you show up.

Open Programme Dates: 10.30-4.30, 12th & 19th September 2025

Bespoke Delivery: Want to create a tailored experience for your organisation or leadership team? We'd love to explore what that could look like.

*Heidi*  
**DAWSON**

BOUNDARY-PUSHER, CHANGEMAKER,  
CREATOR + COACH



Explore practical tools to motivate, align and influence others so that you can create a highly effective and engaged team

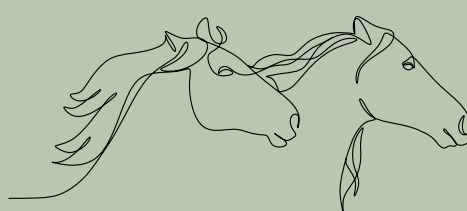
**Develop** stronger communication and emotional agility to **build** real relationships within your team

**Anchor** a deeper alignment with your values and leadership style **enabling** you to lead with natural presence and authenticity



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Spark  
Inspiration

# Heidi DAWSON

BOUNDARY-PUSHER, CHANGEMAKER,  
CREATOR + COACH



For years, I've worked with horses – half a tonne of instinct, emotion and opinion – helping them do things they'd rather not. From loading into trailers to leading herds, I've spent half a lifetime helping horses step outside their comfort zone – and even enjoy doing it.

Turns out, humans aren't so different.

These days, I help leaders, teams and individuals do what I used to help horses do: build trust, shift stuck patterns, and lead with more confidence, clarity and calm – especially when things feel messy.

My work blends emotional intelligence, business strategy, creative thinking and deep behavioural insight. One day I might be delivering Fractional COO support to a scaling, purpose-led business. The next, I might be out in a field with a client and a horse, unlocking a long-held belief that's been getting in the way. No two journeys are the same – and that's exactly the point.

I don't follow the usual paths. I help you create your own.



## Nicola Eaton-Taylor

Leadership Coach ● Workplace Mediator ● Holistic Therapist ●  
Accountability Partner ● Critical Friend ●



Spark  
Inspiration

**Growth begins where comfort ends.**



Spark Inspiration is a force for good.

Through Spark Inspiration, I help leaders and HR professionals break free from limiting beliefs, phobias, traumas, and anxieties that have blocked their growth.

Through candid, open, and emotionally intelligent coaching, the Spark Inspiration programme holds you in a space of deep awareness—where you see things differently, dig deep, clear out, heal, and restore.

You'll meet a renewed version of yourself: grounded, whole, and ready.

Reconnected with your true nature and aligned with your personal values to create a future that's happier, more productive, and deeply fulfilled.

# Booking Details

## Open Programme Dates:

Friday 12th & Friday 19th  
September 2025

10:30am -4:30pm

Light lunch and  
refreshments are  
provided

**Cost: Per person**  
£650.00

## Location:

Legsby,  
LN8 3QR,

full address provided  
with joining instructions

## Click:

[heididawson.co.uk/workshops-retreats](https://heididawson.co.uk/workshops-retreats)

to book your space



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