



## Grief and Change

### The Power of Letting Go

Grief is a natural response not only to the death of someone we love, but to other kinds of loss and change - in fact, it's a part of any major life transition. But few of us these days know how to grieve in a way that enables grief to do its true work: of reconnecting us, more strongly than before, to life and love. We're encouraged to "move on" and get back to our normal lives as quickly as possible, and many of us do not have people around us who are genuinely able to hold space for the natural process of grieving to do its work. So we carry a burden of unfelt grief through our lives that cuts us off from living fully, drives us into self-defeating patterns, and can affect our physical health. Without proper grieving, our wounds may close over, but they never truly heal; sorrow becomes depression, anxiety, apathy and despair.

This three-day workshop offers a safe, supportive environment for you to allow grief to do its deep, soulful, life-restoring work. It will take you through a ritual journey, held and guided by the Potent horses, into and through your grief, to emerge more open and fully alive, more trusting of life, and more able to move forward with grace.

**Date:** 22-24 March, 9.30 am – 4.30 pm

**Venue:** Potent Coaching, Loburn, NZ

**Cost:** \$600 (incl GST) per person

Contact Ingrid Gunby on 027 4879923 or [ingrid@potent.co.nz](mailto:ingrid@potent.co.nz) for more information

Three-day small group  
equine-led workshop

Safe, sacred space to  
reflect, share, and heal

Hands-on time with  
our herd of six therapy  
horses

Art, ritual, and story-  
telling in a peaceful  
rural setting

Not a horsemanship  
clinic: no previous  
horse experience  
needed

Register online at  
[www.potent.co.nz](http://www.potent.co.nz)



## Potent Coaching

Equine-led growth and healing

## Why horses?

Horses are powerful guides for human healing and growth. As social prey animals, they have a highly-developed ability to sense our thoughts, feelings and intentions, as well as what is needed to support the wellbeing of individuals and the herd. They also share many of our feelings and needs – including grief and the importance of mourning together – and are generous and non-judgemental in the feedback they offer us about what they sense and see. Working with horses in equine-led growth and healing workshops gives us the opportunity to be supported in a safe container of present time to feel and to receive feedback from the horse on “what is”, to reflect upon what that might mean for us in our lives, and to explore new possibilities.

Our work here at Potent Coaching is grounded in neuroscience and the latest research on what both humans and horses need to thrive, but there is also something more that happens when we meet and work with horses as equal partners in a healing journey - a kind of magic that weaves its way through the experience, defying scientific explanation and leading us towards the mystery that lies at the heart of all things.

## What to expect

The workshop runs over 3 days from 9.30am-4.30pm; you will need to bring lunch, a drink bottle and snacks, and wear suitable clothing for being outside – whatever the weather. Sturdy footwear (boots are best) and a hat are essential.

Participants will not bring their own horses (or dogs or any other animals) to the workshop.

Each day will involve a mix of small-group discussion and sharing, reflective horse activities as a group and one-on-one, and drawing, journaling, music and ritual. The group is restricted to four participants to ensure that people feel safe to share and can receive individual support.

This is not a horsemanship clinic: there is no riding involved and no previous horse experience is necessary.

## About Ingrid



I'm the human face of Potent Coaching - an equine led growth and healing practice based in Loburn, North Canterbury, about 35 minutes from Christchurch. I work with a herd of 6 beautiful equine souls to guide and support people through their journeys in life toward more understanding, trust and wholeness. Our work includes trauma, anxiety and depression, grief, midlife unravelling and passage, and relationships and communication.

After a career that included a PhD in Literature, tertiary teaching, and running my own consultancy business specialising in leading complex, multi-stakeholder, policy and planning projects in post-earthquake Christchurch, I completed my equine-facilitated

learning and coaching certification through the Academy for Coaching with Horses (USA) in 2014-15, and my Advanced Facilitator certification in 2017. I now teach my own equine-led practitioner program -The Healing Herd - along with many other programs, workshops and individual sessions for people from New Zealand, Australia and the USA.

### ***Testimonial***

"I first met Ingrid in 2014 and was drawn to her sense of sincerity and integrity. Since then I have been able to work with her on my own journey and trained with her in The Healing Herd program.

Ingrid lives what she teaches; her own authenticity and congruency allow her to work with the horses to hold a gentle but strong space which allows people to feel supported. To me a true teacher or healer offers the tools and the space needed for a person to find their own way and become the master of their own destiny... this is what Ingrid, the horses and the work have offered to me, truly life-changing."

- Monique Robinson, Keysbrook, Western Australia

For more information, or to discuss whether this programme is for you, please contact me on 027 4879923 or email [ingrid@potent.co.nz](mailto:ingrid@potent.co.nz)