

Warriors in Transition

**Journey of Faith,
A Path to Successful Returns,
Reunions and Reintegration**

For more info visit:
www.palmariecommunity.org



The Warriors in Transition workshop is a faith sustaining program for military service members, Veterans and their families. Participants learn **effective life skills** to peacefully navigate:

- the pre to post deployment cycle,
- transition from active duty to civilian life.

These life skills activate **Emotional Intelligence** (EQ), which is consistently present and proven in highly successful, happy people. Research shows that healthy relationships at home and work are a result of high EQ vs. IQ, according to “*Emotional Intelligence*” author Daniel Goleman.

Dept. of Defense Pre-Separation Guide states:

“Leaving the military challenges your identity. Transition is traumatic and stressful...If you approach your transition as an opportunity to grow you will have already taken a giant step toward re-establishing your identity.”

The guide also suggests transitioning veterans and soldiers should attend a change management course. Warriors in Transition program enhances ability to manage change by utilizing emotional intelligence through a set of unique **experiential learning exercises with horses, based on the Epona Approach™**.

As prey animals, horses are highly attuned to their surroundings and capable of sensing and reflecting human emotion, intention and nonverbal communication. Horses embody emotional intelligence and its vital role in life.

Endorsed by General David Petraeus in 2010, the Warriors in Transition program is exciting and fun! Equine experiential ground work plus easy to use EQ tools, create a multi-sensory learning environment. Workshop objectives are:

- ◆ *Using emotion as information*
- ◆ *Strengthening interpersonal relating*
- ◆ *Recognizing & respecting healthy boundaries*
- ◆ *Collaboration versus domination*
- ◆ *Moving beyond self-limiting thought patterns*
- ◆ *Shifting rigid judgment to clear discernment*
- ◆ *Learning to envision a goal and perform it*

No riding involved; no horse experience needed.

**Sat/Sun October 8 & 9, 2011
9:00 am - 5:00 pm**

Location: Equine 808 Horse Rescue
Kunia Loa Ridge Farmlands, Oahu

**Limited to 8 participants (or 4 couples)
Free of charge to OEF/OIF Soldiers,
Veterans & Spouses**

Workshop Facilitator: Terry Murray
Epona Approach™ Instructor, Navy Veteran and
founder of Performance Transformation, LLC
www.performtransform.com

To register or waitlist, contact:

**(808) 457-8920 Lisa Marie Guerrero
(808) 375-8154 Patricia Ulloa-Curcio
email: info@palmariecommunity.org**