

Melba Holliday

Personal Leadership Coach

Partnering with Horses to Lead your Best Life

Why Partner with Horses?

Horses are outstanding teachers and healers. As animals of prey horses have survived for millions of years through their highly tuned instincts and sensitive energetic intelligence.

Because they are so energetically sensitive they are powerful mirrors and detectors of our emotions, attitudes and behaviors which are often beyond our awareness. Horses are not judgmental, they lovingly help us connect with our authentic power and resources. Coaching with horses is experiential allowing for a mind/body connection that can be **transformational**.

Horses help us:

- to be present
- to get to an issue quickly, feel our emotions
- set boundaries
- discover our leadership style
- feel confident



Ready to take the reins and lead your best life?

Are you an empty nester, what's my heart calling me to do now?

Are you reinventing your career?

Are you letting go of a "dream", I thought my life would include.....I lost....

Are you growing into a leadership position?

Are you committed to restoring your health and wellbeing?

Are you effective with the most important people in your life?

Are you being heard? Are you influential?

Are you confidently moving forward in life?

What is Coaching?

Coaching is a professional collaborative relationship which is unbiased and results focused.

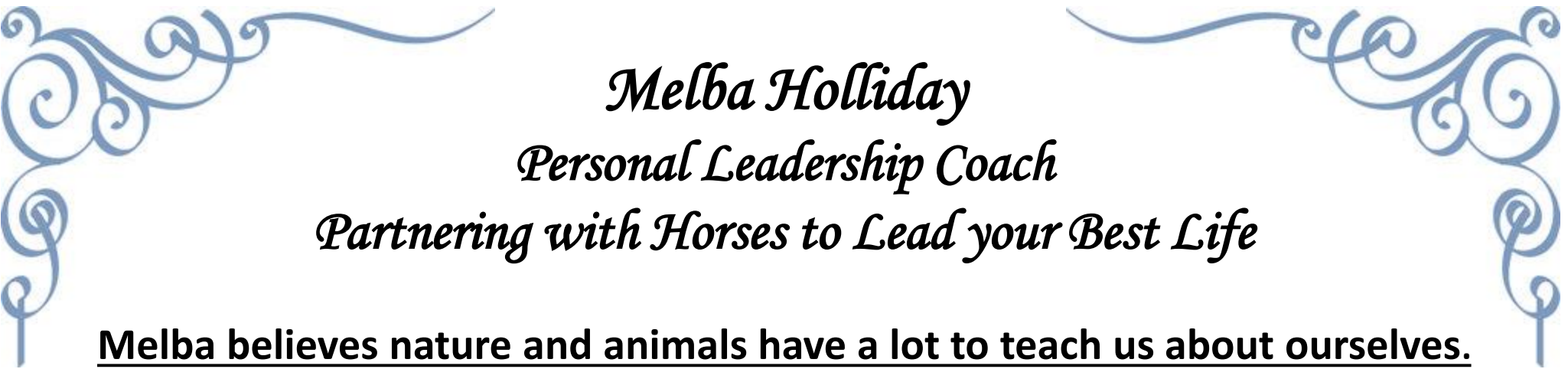
Coaching is about moving forward at your pace and closing the gap between where you are now and where you want to be in your personal and professional life.

Coaching provides:

- a systematic method of discovery
- self awareness, insight, new context
- creating, setting goals, strategizing, taking action
- motivation, accountability and achievement

Begin your bold journey, contact Melba:

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Melba Holliday of Atlantic Leadership Group is working in partnership with Great Strides to provide Equine Facilitated Coaching and Group Workshops. www.atlanticleadershipgroup.com



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Melba believes nature and animals have a lot to teach us about ourselves.

Growing up in a dysfunctional household which included alcohol and physical abuse she began her personal healing journey in her 20's. Nature and physical challenges always played a role.

Melba's journey included studying and being certified in Neuro-linguistic programming (NLP), Mastery of Language and Outcome Facilitation, Outdoor Experiential Education and Personal Training and Fitness certifications.

In 1989 Melba founded and operated Personally Fit, LLC, a personal training business in Boca Raton, FL and had a blast helping people make positive changes in their lives. Then she met her husband, Edwards Holliday in 1994 and joined him and Atlantic Leadership Group as life and business partner. Together they have grown through geographical moves, marriage, and teenage children (girls, 13 and 17) while building a business through challenging economic times.

Melba holds a BS of Health Administration from Florida International University, coaching certifications through Results Coaching Systems and Equine Alchemy, facilitation certifications through Leadership Management Inc. and Target Training International.

Melba brings her experience, a calm presence and the perspective we are all creative, resourceful and whole to her coaching. Melba has an exceptional ability to listen to the client's total message and make it easier for the client to become clear about their goals and highly motivated internally to take action. Melba is focused on impactful client outcomes and achieving results that matter in your life.