



Manage your emotional energy

Amy Budd

HeartMath Resilience Advantage Trainer
Speaker
Equine Facilitated Coach

General Audiences

- Stress Reduction
- Improved Overall Well-being
- Improved Communication

Leadership

- More adaptive
- Symbiotic Leadership
- Operate at Your Optimum

I love sharing my message about how to connect to your heart to begin to function like a horse! No - I won't leave the audience ready to whinny or roll in the grass.

Business leaders and organizations are moving at a faster pace than ever before in our history and learning to manage, focus and change emotional energy changes relationships, productivity, and company cultures.

Learn what you can do individually and collectively when you tap into your heart's wisdom and learn the power of the herd!



Client Feedback

"After 30+ years working as an ER doc I was skeptical to say the very least at the idea HeartMath or horses could do anything for me. To simply say I feel alive again is a bit of an understatement. The change that has occurred is hard to articulate but is so profound and deep. "

B. Wallace, M.D.

"Working with Amy and her horses, and learning HeartMath has been transformational for my personal and professional development. I found I was able to make clear decisions with ease, my employees didn't need to feel like they were walking on eggshells around me and at the end of the day I was not exhausted!"

M. Andress, Practice Manager, Texas Health Care System



Amy has a Portfolio Career! Her portfolio includes Veterinary technician, Senior Sales Director with Mary Kay Cosmetics, Centered Riding Instructor, 25 years in the pet food industry which included purchasing, scaling and selling a pet food delivery business as well as creating, developing, manufacturing and distributing her own line of raw, cooked and dehydrated pet foods.

A lifelong horsewoman, the calling to return to horses came back in 2019 and Amy was able to pivot and share her love of horses, business, and people. Living her childhood dream on a gorgeous 40-acre property with her Clydesdale horses has provided the inspiration to help others find and live a life to their maximum potential.

CONTACT DETAILS

Please feel free to contact me for any concerns or questions.

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