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**Ulster County**

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**FOR IMMEDIATE RELEASE**

*(Image attached: Guest speaker Dr. Lew Sterrett)*

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**Lessons of Life and Leadership Equine Workshop Comes to New Paltz**

This informative workshop is for equine professionals and 4-H volunteers to discover new information and acquire skills in equine training. The workshop will be Monday, September 14 from 9:45am to 3:30pm at the Ulster County Fair Grounds located on Libertyville Road in New Paltz and will feature special guest speaker Dr. Lew Sterrett of Leaders by H.E.A.R.T (Human Equine Analogies in Relational Training).

There is a fee of \$25 if registered by September 7; \$40 thereafter after and at the door the day of the event. Fee includes lunch; no refunds. For questions contact Audrey Reith at 845-344-1234 or email [ald5@cornell.edu](mailto:ald5@cornell.edu) or to pre-register call Jenny Burkins at 845-340-3990.

Participants will have the opportunity to witness Dr. Sterrett's unique and entertaining approach to leadership as he addresses key issues through the use of horse training illustrations and interactive dialogue. The horse training presentation will be followed by a time of application and problem solving that will take coaches, trainers and leaders to the next level.

**AGENDA**

9:45am

**Registration**

Jane W. Barley Youth Building

10:00am

**Session I: Capturing and Correcting the Heart**

- See how healthy boundaries establish foundations for respect and security
- Learn how to better evaluate horses and people
- Learn how to communicate more effectively

12:00pm

**Lunch**

*Building Strong and Vibrant New York Communities*

1:00pm

**Session II: Horse Training Presentation**

- See a 1,100 pound picture of what a healthy relationship looks like
- Experience the mystique of watching a trainer win the heart of a horse
- Insight for successful liberty work
- Exercises that increase suppleness

3:30pm

**Wrap Up**

This event is hosted by Cornell Cooperative Extension of Orange & Ulster Counties Adult Equine Advisory Committee, and Region 6 of the New York State Association of Cornell Cooperative Extension 4-H Educators.