

A smiling woman with long blonde hair is holding a dark green cucumber in her right hand, presenting it towards the camera. She is wearing a light-colored, button-down shirt. The background is a bright, outdoor garden setting with green foliage and a blurred building in the distance.

**HAUORA**  
COACHING



**Lead Forward**

## Re-remembering:

On average, we spend 60% of our time at work!

The habitual physical responses of our bodies can reflect the **repetitive motions** of our *contracted selves*. *Our capacity can get stuck in our limited movement*. This leaves us physically incapable of rising to the consistent challenges and opportunities coming towards us everyday.

Injuries, pain and burn out all point to a **disconnect from the energetic and instinctual self (The Wild Body)** that longs to reunite with the *expansive hidden leader* residing within us all.

Asti is known for the powerful stand she has taken to lead individuals and organizations **into new expansive horizons**.

Asti reveals how to access your internal resource-fulness and uncover the expansive hidden

leader within. For those who are seeking to access the bold and decisive leadership capacity that CAN respond to **continual change** - Astiana's body of work conveys how you can consistently access the **leader hidden in your wild body**.

**Astiana invites you to experience life grounded in the expansive self!**



## Introducing:

Astiana Trouland challenges the domesticated habitat of **office life**.

She is the Founder of '**Lead Forward**' – a transformational journey into embodied leadership.

Beginning her career as a personal trainer Astiana has worked with hundreds of individuals and found how 'exercise' can limit what's possible for us. Harnessing animal archetypes you can ground you into your genuine power through movement which activates your leadership.

Astiana Trouland



We all know the density felt through hardship, when challenges stack up and daily motions begin to feel painful and burdensome. Falling into these habitual cycles limits opportunities and weakens the body over time - Asti knows how to navigate the **contracted responses** and generate a respectful and inspirational space for you to uncover this for yourself too.

You're invited into a powerful way to stand with strength and respond from a place of expansion.

**Leadership is the energetic presence of one who can speak without words.**



## Decisive Leadership

When we can sense and feel the power and presence of someone who is standing in their truth, we innately show that our deep respect.

Come to know your expanded identity through a journey into your **internal landscapes**.

Become lightning fast speaking, moving and responding to life as it meets you.

Lead Forward invites you onto a 10 week transformational journey re-remembering your instinctual awareness.

**Lead Forward invites you onto a 10 week transformational journey re-remembering.**



Here is a brief overview:

- 1) **New Seed - Introductions and Intentions** - It all begins with connection, coming together as a group to share who you are, what YOU stand for + your intentions for the 10 weeks ahead! Planting the seed for your own expansive horizon.
- 2) **Seasons of Sunshine - Sustainable model of Success** - Explore your own strengths utilising Te Whare Tapa Whā as a sustainable model of success. Discover your way of working within the seasons to unlock heightened wellness!
- 3) **Soil & Rainfall - Brain and Body Balance** - Creating true growth happens in tandem. Learn the important role of the nervous system and how to balance both sides of your brain to optimise performance, and reduce stress.



## Lead Forward Overview:

4) **Tectonic Plates – Boundaries** – There is an impact when your edges collide against another. Reassess, reflect and redefine your relationship to the tasks, people and places where you say ‘Yes’ VS ‘No’.

5) **Earth Quakes – Physiological effects of change** – Rupture and collision are natural and they invite us to continuously evolve and adapt as the landscape constantly changes. The patterns which keep you contained in outdated responses can catalyze new habits.

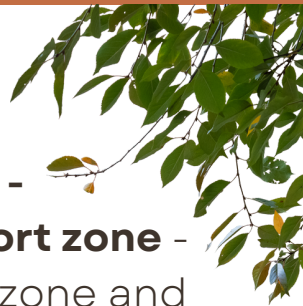
6) **Dawn light & dusk darkness – Habit Stacking** – Call in clarity to create the motions of habit that incline you towards the fullest version of yourself. Habits that support you to incrementally warm up and then incrementally wind down creates rhythm and harmony.

7) **Mountain Climbing – Challenge your comfort zone** – Expand your comfort zone and personal practice by going beyond the known.

8) **Wind & Clouds – Influences** – Access your internal and external influences through a series of conscious challenges. Shifting emotions, circumstances and internal climate conditions require your awareness.

9) **Still Lake – Resilience in reflection** – Learn to optimise your wellness by incorporating a reflective lens to your way of working. Pausing in stillness allows for new expansive viewpoints to integrate and mature within. Practice resilience through real life examples.

10) **Starry Sky Gazing – Planning and Celebration** – Succession planning for long term sustainability. Cast your eyes higher to see further into your potential! Sharing your success!



Master your energetic truth and  
show up **where you stand**

Delivery Format:

10 weeks x 2 Hour Embodied  
Leadership Online Training  
Immersion

10 weeks x 1 Hour Personal  
Mentoring with Astiana

2 x 1 Hour Pre-Work

4 x Personalised 30 Minute  
Lead Forward Reflective  
Enquiries

Total Learning Time:

**34 hours over 10 weeks**

**LEAD  
FORWARD**



<https://www.hauoracoaching.com/lead-forward>

Investment: \$4,224 +GST

Payment plans available for  
installments to suit you:

- *Weekly*
- *Fortnightly*
- *Monthly*

Lead Forward is run 3 times per  
year, contact Asti to secure  
your space on the next intake.

**Lead Forward**