



ANIMAL SANCTUARY - LIFE LEADERSHIP DEVELOPMENT CENTER - ORGANIC ORCHARD

“Personal Leadership Ranch Experience”

An adult or couple can renew, learn, enjoy, and develop as an individual or couple,
plus improve plans for life or a particular problem, opportunity, or decision
in a farm and ranch setting in Central Alabama near Highway 31 & I-65.

Core goals and suggestions for your program

1. Visit the country for a dose of relaxation, stress reduction, and renewal for what's important
2. Meet animals in residence (your comfort level can choose “hello” or grooming...), photos
3. Think through callings and choices—opportunity, problem, decision...and outline possible solutions
4. Start a plan or bring yours to improve--we can provide a template and advice you can use, such as:
 - ☐ *Goals and ideas for the 7 Areas of Life*
 - ☐ *Professional Mission, Vision, and Time Priorities*
 - ☐ *7 Steps to Set an Achievable Resolution or Master a Goliath*
 - ☐ *Plan for School and College-Career-Character Readiness*
 - ☐ *Assess and Develop higher levels of Attitude and Ability & Earn higher levels of Empowerment*
 - ☐ *Assessment and plan for TIME (Time. Inspiration. Money. Energy.)*
 - ☐ *The Purpose of Life and Your Mission and Vision Statement*
5. Coaching session/s (you have options such as: you and Dr. Dyson meet for a cup of coffee to get started, be his guest for lunch, and conclude your day with him and next steps.... He also can provide information or tools, guide you to a place or two you may like such as a porch bench or swing, bench next to a pond, or a picnic table. Coaching is confidential.

Your Menu to Request Experiences

- ☐ Coffee & water ☐ lunch for you only ☐ lunch with Dr. Dyson in the Ranch Room or picnic table
☐ Positive Experience in nature ☐ Getaway for Renewal ☐ _____
☐ Plan: ☐ start ☐ improve ☐ personal ☐ professional ☐ 7 Areas of Life ☐ Set a Resolution
☐ Mission and Vision Statement ☐ Best-Self Strategy ☐ Assess/improve Attitude & Ability
☐ Coaching ☐ Discuss a problem/opportunity and solution confidentially ☐ Career/life options
☐ Learning (one on one training) ☐ Hierarchy of Motivating Values ☐ Time-Priority Leadership
☐ Earning and Delegating Empowerment ☐ interest _____
☐ Get my hands and boots dirty ☐ working with a horse ☐ barn ☐ garden ☐ hike
☐ “Rocky IV” workout: ☐ split firewood ☐ push round bale ☐ jump rope ☐ punching bags ☐ walk or run
☐ Photos and/or video clips to remember my day sent via ☐ email ☐ text

Fees reduced with donations: Individual: \$500. Couple: \$750. Student \$100.

Scholarship if needed: 50% of fee or donate as you can. Proceeds benefit animals and ranch operations.

Hosted and Supported by

Triple D Ranch and Farm with Dr. David Dyson, host & coach, and Life Leaders Institute (nonprofit)
354 County Road 33 / Calera, Alabama 35040 (3 miles from Highway 31)

Triple D Ranch is an animal sanctuary with horses and donkeys, dogs and cats in residence plus wildlife.

Dr. David Dyson has served an author, coach, and teacher in colleges, corporations, and schools. He can provide you with original models on motivation, time, empowerment....

Life Leaders Institute is a 501 c3 nonprofit focused on student/citizen development & public service in AL.

Sample Program Plans to Use or Adapt

9-9:15 a.m. Main entrance

- ◆ Arrive (text as you turn off Highway 31—only 3 more miles)
- ◆ The front gate is open for you
- ◆ Horse and David greet you near the gate
- ◆ Park in the circular drive near the Farmhouse

9:15-9:30 Patriotism in Action Garden

- ◆ Meet the horse greeting you near the US Flag on Barefield Flag Pole at the Dunn Dogwood
- ◆ Horse bows to the flag
- ◆ 1-minute message on 3 of Alabama's character traits: *Patriotism, Courage, Perseverance*
- ◆ Option: our country's Pledge of Allegiance (even for 2-4 people and a horse, it can be inspiring)

9:30-9:45 Farmhouse

- ◆ Bottled water in the beverage barrel—front porch
- ◆ Guest bathroom—just inside the front door
- ◆ See our rescued dogs in the back yard (your option to view from dog garden or meet them)
- ◆ See our rescued cats (likely lounging in their outside fenced enclosed garden or on the screen porch)

9:45-10:30 Ranch Room

- ◆ Coffee/tea in the kitchen, then
- ◆ Photos of Life Leadership Day events available on the screen above the mantle
- ◆ Your priorities for the day and how you would like for me to support you
- ◆ Discussion—choice of the Ranch Room, Front porch, swing on the screened porch, picnic table
- ◆ Planbook with Assessment of Attitude and Ability plus Plan for Next Level Development provided
- ◆ Plan template provided, with brief coaching on significance and use, if you wish

10:30-11:45 Choice of Farmhouse, Porch swing, Picnic Table, Bench lower pond, Bench upper pond

- ◆ Personal time to think, walk, write plans and ideas

Noon – 1 Ranch Room Dining Table or Picnic Table

- ◆ Lunch provided for []you or []+ Dr. Dyson
- ◆ Insights and Progress so far, options for afternoon, topics or tools of interest to you
- ◆ Discussion as you wish: your plan, problem, opportunity, topic or question of interest

1-2 Activity

- ◆ Option: Hike to pastures, ponds, trail, overlook (drive truck if needed), or
- ◆ Option: basics of horsemanship personal clinic, or
- ◆ Option: personal time with a horse (some like to groom and connect)
- ◆ Photos of you and one or more animals
 - Meet our animals: []see them []time with them []hear their heartwarming stories
 - Horses: Patriot, Star, Indian Legend, Cody Bryant, Scarlett Baye, Crockett
 - Fillies (young female horses): Princess Katie, Spirit, Storm
 - Donkeys: Honk, Jill, June
 - Dogs: Cowgirl, Lady Bug, Buck, Chief, Annie Oakley
 - Cats: Night & Family (the barn cat will hide 😊)

2-2:30: Progress and plan—Picnic table or Ranch Room

- ◆ *What did you learn, experience, or value?*
- ◆ *What did you add to your plan (goal, idea, best practice...)?*

2:30-3: []Free time []Bottled water for the road []_____