



LEADING WITH HORSES

EQUINE EXPERIENTIAL LEARNING

Equine experiential learning is a positive approach to the enhancement of teamwork and group interaction. It also promotes leadership skills, confidence, trust, communication, creativity and problem solving skills. Participants learn by taking part in activities with the horses and then process (discuss) feelings, behaviors and patterns. It is a powerful training technique because horses respond to the energy that is being projected and provide immediate, honest, observable and physical feedback.

A typical teambuilding workshop includes:

- Safety Demonstration
- Individual Exercises - Catch, Halter and Brush a Horse and Pattern Type Activities with the Horse
Benefits:
 - ✓ Expansion of Comfort zone - Introduction to the Horse
 - ✓ Negotiation of Energy Zones
 - ✓ Focus
- Group Activities Involve Challenges of Getting a Horse to Cross an Obstacle with Rules and Self-Imposed Consequences or a Relay Race through an Obstacle Course
Benefits:
 - ✓ Leadership Skills Emerge
 - ✓ Group Interaction - Teambuilding
 - ✓ Non-Verbal Communication
 - ✓ Creativity - Problem Solving
- Stretching and Flexibility Exercises while Sitting on a Horse Bareback
Benefits:
 - ✓ Empowerment
 - ✓ Group Interaction (Spotting)
 - ✓ Communication

Comments about Equine Experiential Learning:

- Seeing how everyone works differently
- Learned how to ask for help
- Don't set up limits that aren't there
- Everyone's idea of a job well done is different
- Most Value: Working/Communicating as a team and being together as a group
- Be positive about solving problems