

# HorseSense UK



Leadership  
Team building  
Communication  
Personal Development

*Passionate about performance*



## Horse Assisted Education

### CONNECTING INDIVIDUALS AND BUSINESSES TO THE SKILLS REQUIRED TO SUCCEED

Horses are the masters of many of the Emotional Intelligence skills we wish to acquire. Predominantly non-verbal and highly intuitive, horses rely on authenticity, awareness and leadership to survive. Partnering with a horse is a very effective way to develop your communication, leadership and team working skills. Classroom sessions and horse-led exercises provide you with the chance to stretch your comfort zones, build your self-awareness and learn from non-judgemental feedback. It is challenging, yet fun whole-body learning that takes your skills and practical experience to a whole new level.

### Why learn with horses?

#### TEAMWORK, LEADERSHIP AND COMMUNICATION

Horses are herd animals. In the wild, the horse's survival depends on being in a herd and everybody within that herd working as part of a team. The herd will have a natural hierarchy and each horse will have a role in that team, just like our social groups and corporate teams today. Horses, though largely domesticated now, still carry these instinctive behaviours. It is these instinctive behaviours and their natural ability to teach that we use to support a learning experience for your benefit.

#### DEVELOP LEADERSHIP

Most people do not fully realise how important leadership is, or even where they are a leader in their lives. Leadership of yourself and others is an important skill to acquire. The horses support you in a series of exercises that give you immediate feedback on your leadership style. Horses respond favourably to the correct stimuli and naturally question poor leadership. Over the course of the day you will have the opportunity to try and build up your confidence with many different leadership styles, all of which are transferable to the workplace and day to day life.

*"I came to realize how your resources come out through this experience. It was uplifting, taught me a lot about trust and how everyone is different." Teresa, Holistic Therapist*

*"Thanks very much – it was a very good team bonding exercise!"  
Freddie Jackson, Cripps Harries Hall*

### BENEFITS

#### Individual

- DEVELOPS AWARENESS
- BREAKS DOWN BARRIERS
- GROWS CONFIDENCE
- EXPANDS HORIZONS

#### Corporate

- DEVELOPS ADVANCED LEADERSHIP AND COMMUNICATION SKILLS
- BRINGS TEAMS TOGETHER
- CULTIVATES GREATER AWARENESS, AUTHENTICITY AND OPENESS
- ALIGNS STAFF TO YOUR CORE FOCUS
- IMPROVES RELATIONSHIPS, UNDERSTANDING & THE WORK ENVIRONMENT

#### General

- BRINGS YOU BACK TO THE MOMENT
- TRANSLATES TO EVERYDAY LIFE
- EXPANDS COMFORT ZONES
- LIBERATES POTENTIAL
- UNIQUE, INTERESTING AND ENGAGING
- PRACTICAL AND MEMORABLE
- QUICK TO GET TO THE LEARNING ZONE
- COST EFFECTIVE



## DEVELOP COMMUNICATION

We use horses to help people understand and develop the importance of body language in communication. Horses are masters of non-verbal communication. Seeing as words only account for 7% of human to human interactions, Horse Assisted Education enables you to develop that other crucial 93%, so your words and actions are aligned.

## EXPAND COMFORT ZONES

If you don't grow, you contract. Horses ask you to be honest and integrous. Horses see through bravado and facades, so working with horses help you strip away unhelpful layers of ego as they respond best when you are being your truthful self. Empathic healers, they are excellent roles models through their ability to be present and in the moment.

## Who is it for?

Equine Assisted Education is suitable for anyone that has an interest in deepening and developing their skills. In particular it has been shown to be useful for:

- Leadership and management training
- Team building
- Overcoming personal and group obstacles
- Personal development and confidence building
- Creativity days and goal setting
- Improving communication skills
- Recruitment selection.

All the exercises take place on the ground, so **no mastery of riding is required.**

## CUSTOM SOLUTIONS

Every client is different, which is why we take a bespoke approach to your training. Pre-event consultations help us gear a day up to your individual needs and set the scene for an exceptional learning experience. Best of all the horses will show you the most important skills for you to learn. As facilitators we have long learnt to trust their wisdom.

## TEAM SOLUTIONS

Would you like to improve cohesion in the workplace? Want to create a day where everyone is aligned and group understanding has been taken to a new level? Challenge your teams to put their skills to the test with the masters of team living - horses. Learn about each other's strengths and weaknesses; learn to use them to your advantage and work together to overcome your current obstacles.

## INDIVIDUAL SOLUTIONS

It's not always easy to know why you are not getting the results you want. The horses are very honest and supportive in your personal growth. Consult our horses for real-time feedback and a chance to learn the skills you need to let a problem go, get ahead and be a success!



## About us

HorseSense UK was formed in 2010. After years working in both the public, private and charitable sectors I soon realised my experiences with horses had given me something no corporate training could give. I started to think I'd love to find a way to share this opportunity with everyone.

A chance conversation in 2007 with one of the founding members of the European Association of Horse Assisted Educators (EAHAE) introduced me to the Equine Assisted Education format. Supported by my charismatic and enigmatic 15hh grey gelding Murphy, I soon appreciated the subtle power these amazing creatures have to transform our learning, understanding of ourselves and the world around us.

HorseSense UK is based in Mark Cross, just off the A267 south of Tunbridge Wells in the stunning High Weald Area of Outstanding Natural Beauty. With our all-weather facilities and three experienced teachers, we pride ourselves in providing an ideal environment for learning.



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