

Horses Lead Courses – See Myself

Why this course

When we are in any personal transaction with others there are textbooks on and examples of how to behave. However putting that knowledge into practice can be tricky. Getting clear, honest, helpful and immediate feedback from people about how they experience your approach can also be a challenge.

Horses on the other hand don't read textbooks and their responses are not conditioned by the complexities underlying human interactions. However in the wild their lives would depend on their relationship with others and behaving as part of that team (herd). This makes them instantly responsive to those around them.

About

These sessions will develop around the responses of the participants on the day. They offer a powerful learning experience in which you will have the opportunity to experiment with your approach to others and receive feedback through the responses of the horses. The sessions are participative, and physically active and are supported by:



Group and 1:1 coaching from the human members of our team.



Some classroom activities providing opportunities for reflection.

Objectives

By the end of the session participants will:

- ✓ Increase your confidence and skills in dealing with other people (eg children, colleagues, partners, parents, or friends).
- ✓ Understand more about why someone reacts to you in the way they do.
- ✓ Understood the vital role of communication both verbal and non-verbal in any relationship.
- ✓ Understand when and how to vary your approach for different types of people.
- ✓ Develop a personal Action Plan to translate your new knowledge into practice.
- ✓ Have the opportunity to try out your new learning in the mirror of the horse.

Details

Target Audience	Individuals or small groups who want to know themselves better.
Approach	Supportive and enabling within a non-judgmental learning environment.
Duration	½ or 1 day courses available.
What we cover	This session will include exploring interpersonal communication concepts and style.
Expected Outcome	Individuals will gain : <ul style="list-style-type: none">✓ Awareness of a wider range of interpersonal skills✓ An opportunity to build confidence in their ability to relate to others

To book

Please contact us At Horses Lead Courses to discuss your requirements further by:

Email: info@horsesleadcourses.co.uk

Tel: 01992 629531

Mob: 07803 206939