

objective based team building  
Well managed events that are thought  
provoking, value based & fun



## The Equine Experience



HORSES MIRROR-IMAGE HUMAN BEHAVIOUR. INDIVIDUALS MAY INTERACT WITH THEM TO HIGHLIGHT THEIR STRENGTHS, CHALLENGE AND OVERCOME THEIR FEARS AND DEVELOP CONFIDENCE.

Horses are social and intelligent animals. They have defined roles within the herd. Just like people. They have distinct personalities and may not do what you require them to do. As extremely perceptive animals, horses "mirror image" feelings / emotions / actions from the delegates participating.

As large and powerful animals, some people find them intimidating. Working with a horse, in spite of that fear, gives people the opportunity to overcome their fears and develop confidence.

According to the Equine Assisted Growth and Learning Association, Equine guided education utilizes and develops:

- Non verbal communication
- Assertiveness
- Confidence
- Creative thinking
- Problem solving
- Leadership
- Team work
- Trust and respect
- Taking responsibility

This concept has proved exceptionally popular

AT SELECTED VENUES ONLY