



Horses look for leadership and give immediate feedback about what effective leadership and teamwork is and what it is not. Interaction with horses and the direct and honest feedback they provide moves participants outside of their comfort zone and reduces defensiveness so that new learning can occur.

✓ Outcomes & Results of Equine Assisted Learning Include:

- Effective Communication, Listening & Leadership
- Improved Teamwork, Trust & Commitment
- Enhanced Relational Skills & Ability to Positively Influence Others
- Greater Creativity in Problem Solving
- Personal Responsibility & Conflict Resolution Skills
- Increased Morale & Accountability

www.StandInBalance.com

Can retreats be customized?

Yes, we work with you to identify your challenges and design a retreat that will help you reach your goals and find authenticity while having fun through the process.

What happens at a workshop/retreat?

A typical workshop or retreat involves ground activities with the horses which provide opportunities for team building and executive leadership development. Our professionals help participants explore their interactions with the horses and the metaphors that emerge for application in the workplace.

Do we need to know much about horses?

No, all work with the participants and horses is done on the ground - there is no riding - with a focus on human skills rather than horse skills. At Stand InBalance, our program is not about horsemanship. It's about exploring partnership, communication, and authenticity; and having fun along the way outside of a traditional office setting.

Why horses?

Horses have an instinctive, keen sense of smell, hearing, and body awareness. They are fully present, intensely sensitive, and highly vigilant, without agenda or judgement. These majestic animals are powerful messengers about who we are, how we carry ourselves, and how we relate to ourselves and others. It is in this engagement that the deepest and most powerful work occurs.

EQUINE ASSISTED Leadership Retreats and Team Building Workshops

Our Retreats & Workshops are Specifically Designed for you and your Organization.

✓ Stand InBalance Can Help Your Organization:

- Reduce Employee Turnover
- Increase Efficiency
- Reduce Miscommunication
- Increase Profitability



Stand InBalance
EMPOWERING YOUR AUTHENTIC SELF