

# Teams Learn New Life Skills in Equine-Assisted Learning Events

There are no boring lectures or PowerPoint presentations. No silly games and sharing activities. If you're looking for a unique experience for your team, then this innovative program is for you.

### ***Horses? (Yes, horses - Equine-Assisted Team Building.)***

Equine-Assisted Learning emphasizes education, personal and professional growth - developing a broad range of life skills that can influence team dynamics. Outcomes include more effective communication, increased assertiveness, enhanced creative thinking, improved problem solving, and more effective leadership and team building skills.

"WorkHorse" is an equine-assisted professional development firm that facilitates Equine-Assisted Learning sessions for corporations. Workshops use the interaction between people and horses as the basis for personal growth and exploring group dynamics. CDL has partnered with Workhorse to develop programs specifically tailored to our clients' needs.

This is not a riding or horsemanship program: all legs are on the ground, human and horse side by side, ready to learn. The emphasis is on non-mounted activities which incorporate horses and require individuals or groups to discover and apply specific skills. Participants learn about themselves and others by connecting with the horses and then observing and discussing the team dynamics, behaviors, and patterns that arise. What happens in the arena is often a metaphor for one's life, family or group interaction.





**2-4 Hours**

Whether your team is working on building trust with one another or celebrating its recent successes, equine-assisted teambuilding provides an opportunity for your team to collaborate, work on real challenges, and have fun! All programs are tailored to each company's objectives.

Corporate Dimensions' "Taking the Reins" Corporate Team Building Event includes:

- Two to four hours of team building (we can shorten or lengthen based upon your needs).
- All supplies and materials.
- Connection and coordination with local venue (WorkHorse utilizes a variety of equine facilities across the United States).
- Coordination of all services; ground transportation and catering.
- Specially-designed and branded team T-Shirt.
- Individual Course Completion Certificates.
- Group photo.

### **Rapid Results**

Because Equine Assisted Learning is so effective, it's considered a rapid approach to building life skills including nonverbal communication, leadership, empathy, teamwork, assertiveness, creative thinking, problem-solving, taking responsibility, confidence, efficiency and continuity in management.

### **Positive Change**

Because horses are innately sensitive and open, interaction with them serves as a mirror of our emotions and our behavior. Participants are empowered by the lessons learned in the arena and actually translate that energy, attitude, and behavior when they return to the workplace. This is an investment in your team that more than pays for itself in terms of camaraderie, productivity and team member wellness and retention.



### **Why Horses?**

These intuitive animals are able to read and mirror the emotions and energy of the people around them, providing vast opportunities for metaphorical learning. Participants gain awareness and are able to make positive changes in their lives through the horse/human interaction.