

THE POWER OF THE HERD

A UNIQUE LEADERSHIP EXPERIENCE WITH HORSES
TO BUILD TRUST IN YOUR TEAM

HORSES AND LEADERS

For centuries horses have played an important role in the personal development of leaders - Kings and Emperors learned in their youth to gain the respect and trust of their horses before they were able to rule their people.

Horses request the finest leadership qualities from humans if they are to trust us and carry us through life and even into war: charisma, a clear vision, direct communication, at the same time humility and accountability.



HORSES IN CORPORATE TRAINING

No, we don't ride a horse into battle during our management training! However, we use the finely tuned non-verbal communication skills of the horse to develop emotional qualities in our participants which cannot be learned via books or videos.

Horses pick up on the small signs we send out unconsciously through our body language, and react to them. If someone appears to be self-confident, yet deep inside doubts, the horse will mirror that and plant their feet. The moment the person can shift their inner belief, the horse will follow.

These simple, yet very visible representations of our inner thoughts allow deeply embodied learning, with realizations that stick for a long time.



In our training, which is based on the internationally recognized HorseDream approach, we combine specific exercises from the ground, both individual as well as in teams, with feedback rounds and debriefing.

Each learning is thus transferred from the field into our modern day life.

VULNERABILITY BASED LEADERSHIP

Building a team climate that facilitates productive emotional experiences and nurtures soft skills allows a team to achieve greater collaboration and performance.

The foundation of a cohesive team is trust.

Without an authentic and vulnerable trust, a truly cohesive team cannot exist. Team members must feel safe to be genuinely transparent with one another.

The pandemic has left a mark on everyone.

Use the presence of the horses to allow your team to share what they are struggling with right now, to build an atmosphere of trust and authenticity.



The Five Behaviors of a Cohesive Team™ Model

WHAT OUR CLIENTS SAY



"I can genuinely say it was the best leadership team meeting of my career and we will all remember it for a very long time."

**Stephan Stauffer, General Manager
Arabian Ethicals**

"The session created natural opportunities to demonstrate our personalities and actually put into words how we feel. This also strengthened us as a group and created a greater level of trust between us."

**Jennie Binchy, Director
Binchy and Binchy Architecture Ltd**

OUR PROGRAMS



LEADERSHIP TRAINING

You cannot learn leadership from a book or a theoretical course. Leadership is much more complex than that.

We believe that there is not one golden rule to leadership, but that everyone needs to develop their own, personal leadership style.

The horses are amazing partners to train and practice this, in a safe, yet very real and practical training environment! This is suitable both for future leaders as well as for established senior leadership teams, for mixed genders as well as women only courses.



CORPORATE WELLNESS & MINDFULNESS

Together with the horses, we offer mindfulness training for groups and individuals.

In practical exercises with the horses, you develop awareness, timing, and learn to reflect on yourself and your influence on others.

Let your team get in contact with nature, unwind from the stress in the office and spend time together. We offer a serene setting for your own talks, and a unique combination of horse interactions, yoga, meditation, sound healing that can be customized for your needs.



SOCIAL REHABILITATION

Horse therapy, in coordination with traditional counseling and psychotherapy, can have a great healing effect for groups like:

- juvenile delinquents
- employees who are experiencing PTSD
- Inmates
- people who have gone through abuse or terror
- Addicts to substances and alcohol

Why?

- The horses react honestly, but there is never judgement, which is why clients feel accepted.
- The feedback is always immediate.
- A lot happens unspoken. We don't need to talk about everything in detail which can be helpful
- The horses are big. This demands respect
- Horses request authenticity. You can't lie to a horse.

OUR WORKSHOPS



A SAFE SPACE

This course is a safe space, both emotionally and physically. The horses we choose are used to working with beginners, with children, and are very calm. No prior horse experience is needed.

Emotionally we encourage an atmosphere that acts as a safe container.

There is no right or wrong, there are no mistakes, and there is no judging.

There is only learning.

Social distancing and all required measures will be observed.

OUTCOME

If the team is working on any specific project or faces particular challenges, we are happy to integrate these into the day.

The main goal of the day is to give people the space and time to learn in a safe and open place, to get to know themselves and their colleagues on a deeper level.

We will focus on the emotional aspects that cannot be transmitted via remote working and use this self-awareness to overcome obstacles the team faces at work.

AGENDA AND PROGRAM

The best outcome is usually achieved in a full day or 1,5 day workshop. In a mix of practical activities with the horses and debriefing / video analysis, people start opening up and conversations become more meaningful.



HALF DAY

15:00	Welcome and introduction
15:45	Becoming part of the herd
16:30	How are you leading?
17:15	Short break
17:30	Goal orientation
18:30	Final feedback round

FULL DAY

8:30	Welcome and Introduction
9:30	Becoming part of the herd
10:00	Leading and being led
11:30	Feedback round / video analysis
12:30	Lunch and Break
14:00	Team Exercise*: Where are we and where do we want to be
16:00	Video Analysis and Discussion
17:30	End of the session

*to be customized

LOCATIONS ABU DHABI

ROYAL STABLES



Established in 1969 by H.H. Sh. Zayed bin Sultan Al Nahyan, The Royal Stables is set amongst mature trees, shrubs and green lawns right in the heart of Abu Dhabi. The Stables exudes an air of peace and tranquility.

This locations has several secluded paddocks for our workshops, and an indoor arena for the sunny hours of the day or for full privacy.

The riding school is ladies only, however we may also be able to run mixed group corporate workshops here. The onsite Cafe caters to all F&B requirements.

AL WATHBA LUXURY RESORT & SPA



Deep within the desert landscape lies Al Wathba, a Luxury Collection Desert Resort & Spa, Abu Dhabi - an intimate retreat suffused with natural beauty and serene tranquility, part of the Marriott group of hotels.

Our workshops take place in the garden of the Terra Secca restaurant, with the horses grazing right there.

All options are possible here - from a short workshop to a full retreat with overnight stay, yoga and meditation in the desert, camp fire under the stars, etc.

LOCATIONS ABU DHABI

MANDARA EQUESTRIAN CLUB

Mandara Equestrian Club is located in Al Rahba, between Dubai and Abu Dhabi.

An air-conditioned indoor arena allows us to run the trainings all year round.

The attached Cafe Mandarina serves healthy and delicious food.

With bright windows facing the riding arenas, it is an unusual seminar room which allows participants to leave the hectic city behind and fully immerse into a day with the horses.



FACILITATORS



MONICA KUBIK

CERTIFIED HORSE ASSISTED EDUCATOR AND EMBODIMENT COACH

QUALIFICATIONS

- Graduate economist - University of Hohenheim
- Horse Assisted Educator - HorseDream®
- Certified Practitioner of Horse Guided Empowerment®
- Certification in Embodiment Coaching

EXPERIENCE

A German national, Monica has been living in Dubai since 2006. Since 2016, she works with horses in corporate and private leadership trainings based on the global HorseDream© concept, which is currently being used by over 350 facilitators on all continents, and is also a Certified Practitioner of Horse Guided Empowerment©.

AREAS OF EXPERTISE

- Intercultural awareness
- Agile Leadership
- Dynamic Mindfulness with Horses
- Event planning and execution
- Embodiment Coaching



NATASCHA ENRIQUEZ

ICF CERTIFIED COACH, HORSE-GUIDED EMPOWERMENT FACILITATOR

QUALIFICATIONS

- Post Grad Diploma in Sport and Exercise Science and Medicine
- ICF certified Results Coach
- Organizational Relationship and Systems Coach (ORSC)
- Certified Practitioner of Horse Guided Empowerment®

EXPERIENCE

Tash Enriquez has moved and changed people's lives for over 15 years. After her initial degree in Fitness Management she continuously furthered her education and now holds a postgraduate diploma in Sports and Exercise Science and Medicine. She is also an ICF certified Coach and Horse Guided Empowerment® Facilitator. Tash enjoys combining all her knowledge to create the most beneficial coaching experience for her individual and corporate clients.

AREAS OF EXPERTISE

- Wellness, Nutrition and Fitness Expert and Coach
- Speaker and Presenter
- Leadership Training and Coaching
- Holistic Coaching Experiences

