



HorseSense360



BrainPower360

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Presents

EQ-TRUST-BASED LEADERSHIP

by Corina Holzapfel

EQ-Trust-Based Leadership enables leaders to create thriving relationships with and within their teams.

Trust is the single most important contributor to team success. EQ-Trust-Based Leadership, an equine-assisted experiential learning program created by Corina Holzapfel, builds upon the inherent capacity of leaders to build flourishing relationships.

EQ-Trust-Based Leadership participants will discover the benefits achieved by using a powerful results-driven formula to maximize trust and create well-functioning cohesive teams. Through equine-assisted experimental exercises, the program will help participants become aware of their leadership styles and emotional intelligence capacities. Furthermore, it will teach them a formula to build rapport with people and provides solutions for dealing with difficulty in relationships. Participants will increase their self-awareness and notice changes in behaviours and attitudes that produce sustainable results.

EQ-Trust-Based Leadership will help leaders achieve better bottom-line results through:

- Better rapport with their team
- Increased emotional intelligence
- Strategies to enhance team-bonding and coherence
- Increased reliability
- Greater empathy
- Increased conflict resolution potential
- Greater authenticity
- And more.



This 1.5 - day program is specifically designed to help individual leaders of all kinds create flourishing relationships. It utilizes equine-assisted learning as a method to teach personal and professional skills and applies both personally and in the business world, providing the opportunity for thriving relationships.

“Corina understands how to make you feel safe and comfortable interacting with horses, even when you are not used to being around the in the beginning. The program will provide you with a great insight into the effects of your own behaviour and verbal/non-verbal communication on others around you. The horses are a great catalyst to visualize how your environment resonates to your own attitudes and energy. The course is not only professionally run by the Holzapfels, but it is also fun and takes your mind off the city buzz.”

Felix Jueterbock, Recruiting Manager

“My time at HorseSense360 Training allowed me to see things about myself that I never realized before. During the training sessions, it took no time at all to see Corina’s and Ralf’s experience and knowledge with the horses. It was a priceless experience that helped me become aware of myself and how I react in a team environment. I would recommend their training sessions to anyone looking to improve their relationships and communication, and to have a fantastic experience.”

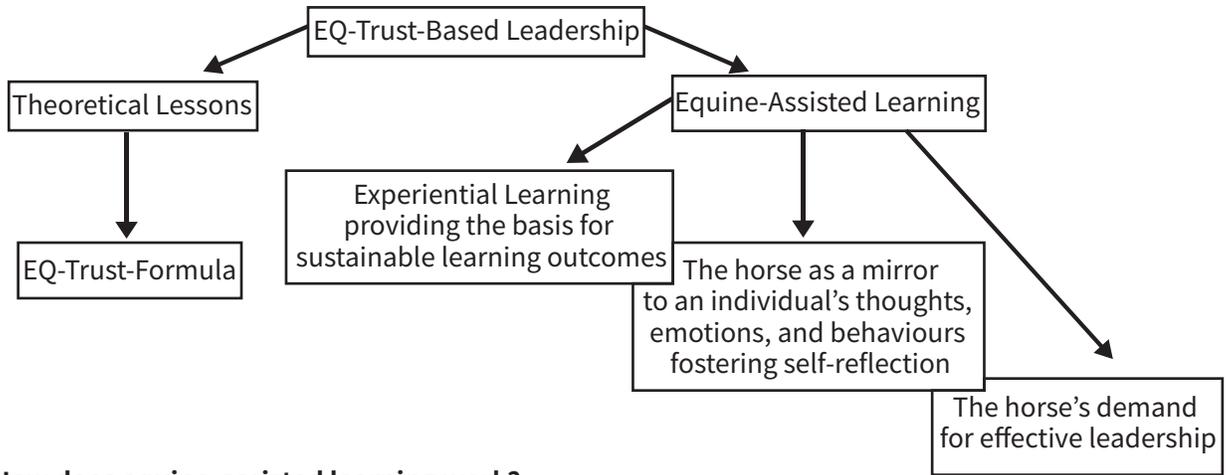
Adam Briglio, Key Account Manager

LEADERSHIP

LEADERSHIP

The Method:

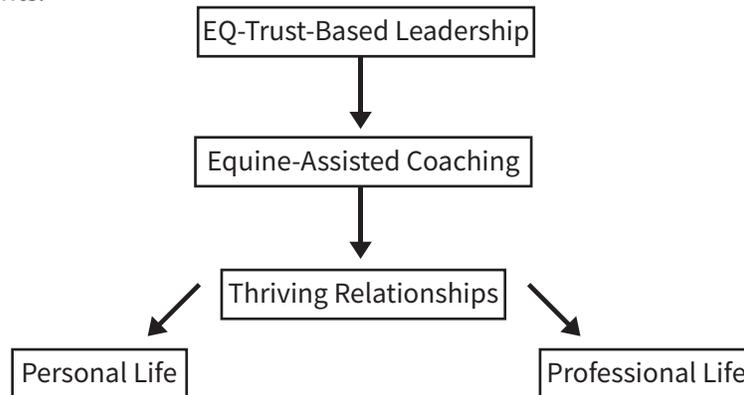
The program is based on two main pillars: theoretical lessons and equine-assisted learning facilitated through experiential learning exercises with horses.



How does equine-assisted learning work?

Participants are asked to perform concrete exercises with horses on the ground (not in the saddle), either in groups or as a single one-to-one task with the horse. The facilitator(s) set up different situations for the participant(s) to solve. Participants are asked to observe the horses' and other participants' reactions and behaviours. They will create abstract concepts by metaphorical thinking and trying out different approaches, which then can be transferred into their professional or person life. Active experimentation follows initial problem-solving exercises, where participants undertake a series of various tasks and try out what they have learned from reflective observation and conceptualization. Interactions with horses and other participants allows the individual participant to reflect constructively on the relationships and regularities that result from the interactions mentioned above -- active work sessions with the horses alternate with reflection and feedback sessions.

Before participants are allowed to enter the arena, the equine-assisted coach reviews the so-called **horse-etiquette**. Basics of horse-behavior related to its status as prey and the social structure of the herd are discussed. Furthermore, the core aspects of horse-handling are reviewed to ensure safety of all participants.



For more information about our programs, or to arrange a presentation, please call IPN Brainpower Consulting Inc. t/a Brainpower360 and HorseSense360

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