

## Takeaways

Higher levels of self-awareness

Enhanced communication skills

Increased confidence & productivity

Creative ways to overcome obstacles

Synchronized teamwork

*And the opportunity to see  
yourself through the  
all-knowing eyes  
of the horse.*



**Teamwork**



**Goal Setting**



**Partnership**

### Program Fee:

There is a base rate of \$3000 for up to 10 participants and \$250 per additional person.

**SWAN CENTER OUTREACH, INC.**  
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# TEAM BUILDING with horses



at

*Swan Center  
Outreach*

## Workshop Schedule of Events

### Introduction

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### Orientation

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### Ground exercises without the horse

How to think and move like a leader.

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### Ground exercises with the horse

Energy vs Force.

Moving a horse in the round pen.

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Forming positive connections  
with team members .

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Inspiring the team to follow your lead.

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Overcoming obstacles as a team.

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### Obstacle training with the horse

How to succeed when moving outside  
of your comfort zone.

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How to stay focused on your goal  
when presented with an obstacle.

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Recognizing when to stop and  
take a step back.

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Moving forward with  
flexibility and synchronicity.

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### Games

Putting the fun back in teamwork!

## Team Building with Horses

A team of people and a herd of horses have a lot in common. They both require strong leadership; clear consistent communication; a keen awareness of the needs and goals of the entire group; and a motivational strategy to achieve them. We can learn a lot about how to become a more successful team, by interacting with horses and learning the dynamics of a horse herd.

*Team Building with Horses* will benefit relationships of all types, including families, corporate groups, athletic teams, theatre groups, and any other group of people that work together towards a common goal.

The workshop is a four-hour program, consisting of obstacle challenges, games, classroom lecture, demonstrations, and plenty of hands-on experience with the horses. It is appropriate for individuals of all levels of physical capability.

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Swan Center Outreach, is a 501(c)3 non-profit organization, established in 1999, for the purpose of rescuing abused and neglected animals; and educating the general public, about the spiritual and therapeutic value of a loving relationship with animals. Our mission is to partner with horses and offer free and fee-based educational programs for children and adults, including those with physical and mental challenges; and to serve as a bridge from where you are in life to where you want to be.

## Testimonials

### **B.G. – Manager National Media Relations, UPS**

*I had no idea how important body language is and its importance in non-verbal communications. It can actually transcend verbal instructions. Regarding my interactions with others, I realized that people are sizing me up long before I attempt to establish any authority. This is the best team building activity we have ever done! It got people outside their comfort zones. It also allowed followers in our group to practice leadership skills. I had a great time with an excellent instructor.*

### **B.J. – Public Relations Supervisor, Mail Boxes etc.**

*The Team Building with horses was great! It was a valuable experience for me. I learned that establishing respect and trust is a necessary prerequisite to having a good relationship and friendship. The instructor had an excellent presentation style that was very informative and the assistants were patient and helpful. I give them all an A+!*

### **N. B. – Manager National Media Relations, UPS**

*This was a fantastic education that was provocative as well as informative. I give top rates to the instructor and assistants. I learned how you can lead without being vocal, because body language is a lot more important than you might think. I plan to incorporate all of it at work. I need to take the time to read the signals.*

### **K.B. – Visual Producer, Santa Monica, CA**

*I've been working on my self confidence and assertiveness, and being able to connect with my horse helped reassure me that I am on the right path and the work I am doing is working.*

### **D.F. – Winnetka, CA**

*I was able to directly witness the shifts of dominance as well as internal gauge of energy that took place as an immediate result of the horse's response.*

### **Steven B. – Public Relations Supervisor**

*I thought this workshop was a very positive and educational experience. I rate the instructor and assistants a 10! I was amazed how my confidence and the way I walk can work to help in everyday business. I rarely realize how I walk, now that I know how it can make a difference is something I will be more conscious of.*