Why Horses as Teachers?

***Understanding Equine Experiential Learning***

Our Demo Day is designed for Human Resource professionals who want to learn more about what horses can teach us. Leadership Outfitters use horses to help teach at our retreats, harnessing awareness of emotion over intellect, and intuition over reason. What can a horse teach you? Plenty!

In our three hours together, you will see how you can “take the reins” of any situation without lapsing into the pitfalls of dominance, alienation, intimidation, or victimization. Insights don’t come from riding a horse; they come from reading a horse by tuning into the feedback one gets on their ability to connect.

Horses are significant teachers of emotional intelligence. Because they are animals of prey, they instinctively spot incongruity; their survival depends on that. Contrast that to what we often learn—if you feel a certain way, don’t say it, or say something different from what you feel because that’s more appropriate in business settings. When we live this way for years, it becomes a habit and controls our behavior unconsciously, affecting how we work and how we show up as a leader.

Working with horses awakens us by reflecting back what they see in our behavior. They act as a very responsive biofeedback agent offering constant feedback on our actions. Clients who might be defensive with people sharing this feedback, are able to “hear” feedback from the horse because they don’t take it personally. After all, it’s from a horse!

So saddle up and join us to learn a new tool to enhance your development offerings. Please bring your favorite lawn chair so you are as comfortable as possible.