

# Equine Facilitated Leadership Training



## What Makes an Effective Leader?

Good business leaders inspire morale and confidence amongst employees and ensure that they are motivated. They also inspire a collective identity within the organisation. A good leader must have self confidence and empathy as well as the ability to communicate effectively at all levels, think clearly and make good decisions. In order to manage others effectively, leaders must be able to manage themselves effectively. This requires a heightened level of self-awareness.

## What is Equine Facilitated Leadership?

Equine Facilitated Leadership (EFL) involves taking part in activities with horses that are designed to help people learn about themselves, their feelings and their behaviour. The horse and the facilitator act as a team to encourage self-reflection and develop insight.

Horses are sensitive animals who are highly attuned to human emotions. Their behaviour and responses to humans serve as a mirror to help us understand ourselves better.

Self-awareness is the foundation for leadership. Through promoting self-awareness, EFL creates greater consciousness about how we respond both emotionally and physically

within different situations. It provides opportunity to think about how our reactions and what we bring to a situation impacts both positively and negatively on those around us and on the outcomes that we want to achieve.

EFL enables us to think about how, through heightened awareness, we can modify and manage our feelings, behaviour and energy in order to achieve desired outcomes in our work and in our personal lives.

No prior knowledge or experience with horses is necessary. No riding will be undertaken.

## Training Benefits

The programme aims to develop the following leadership traits:

- Increased self-awareness
- Capacity to regulate feelings at times of stress, anxiety, frustration and adversity.
- Clarity and good decision making under pressure
- Tuning in and responding effectively to the needs of others
- Capacity to reflect upon and evaluate own leadership style



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