

TEAMBUILDING PROGRAMME

Learning from Horses



How CEGR Can help

The Centre for Emotional Growth and Resilience (CEGR) is a Community Interest Company (CIC), i.e., a not-for-profit organisation, offering equine leadership and team-building programmes. We also provide equine therapy for children, young people and adults.

Effective teams exhibit strong cohesion, where the collective qualities of individuals working collaboratively, foster effectiveness and productivity that is greater than the individual contributions of the team members working separately. CEGR is running an Equine Supported Teambuilding programme that is designed to help your teams increase their effectiveness through partnership and collaboration.

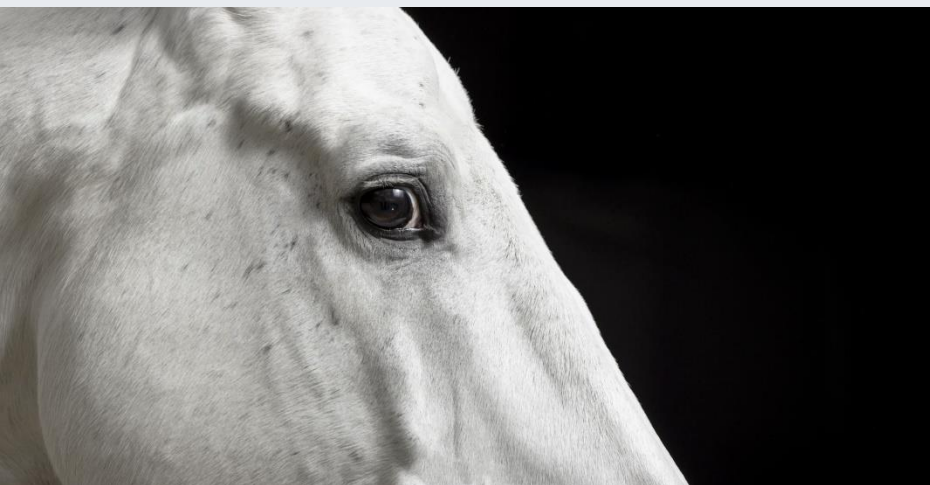
"Horses help us close the gap between how we actually present ourselves to others distinct from how we think we are being."

Ariana Strozzi, Horse Sense for the Leader Within

Our programme offers participants an opportunity to:

- develop and grow as individuals
- explore the key qualities of effective teamwork
- reflect on how individual attributes impact on the functioning of the team.
- consider how individuals can consciously contribute to team collaboration
- connect with colleagues in a relaxed, outdoor environment
- enhance employee well-being
- promote positive change to enhance productivity

Our workshops provide practical experiences and opportunities to reflect upon effective teamwork and what might undermine it in the workplace. Activities are designed to promote self-awareness and personal development as a foundation for effective teamworking. Delivery is flexible according to need and the workshops can be customised to suit your specific work environment.



Key Benefits



We believe that self-awareness is the foundation for positive change. Our programmes support the development of greater self-awareness as a path towards greater team cohesion. This creates a strong base upon which to build effective team qualities such as:

- communication
- relating to others
- collaborative working
- boundaries and self-care
- creative problem solving

Participant organisations will receive a report summarising key outcomes from each session, enabling progress to be measured and to facilitate feedback.

Why Horses?

Horses allow us to change our perspectives and understand our behaviour in greater depth. They provide powerful opportunities for us to learn about ourselves, the obstacles we need to overcome and how we relate to others. The challenges that we encounter in achieving our aspirations are rooted in our emotional experiences. As herd animals, horses are ideally placed to help us reflect on our own styles and shed insight into how we can become better team mates.

No previous experience of horses is required and all interactions with the horses are based on groundwork.

Programme Leaders

Dr Jenny Uppal is CEO of CEGR and is a fully qualified and chartered Educational Psychologist and registered Equine Facilitated Psychotherapist. She has over 20 years of experience promoting learning, personal development and change at individual, group and organisational levels. She understands implicitly the central role that emotional intelligence and resilience play in this process. She has been able to combine this expertise with her knowledge of horses, which she has acquired over her lifetime. The outcome is a powerful and unique skill set with which to effectively facilitate our teambuilding programme.

Julie Gilbert-Binns is a qualified Counsellor and Equine Facilitated Learning Practitioner, working with young people and adults through her private practice, Therapy with Horses. She holds a Master's degree in Communication and has accumulated over 20 years of experience running her own marketing agency, which specialised in the ICT industry. During this period, Julie worked with multinational organisations across the EMEA region, interacting with individuals at grassroots level as well as government and senior management. Her varied skill set supports a creative and flexible approach to personal development, problem-solving and interpersonal relationships.

Contact

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Why CEGR

- Our facilitators have a unique skill set, combining experience from both the corporate and therapeutic worlds.
- Our facilities in the Clent Hills provide space away from the office to connect with colleagues in a beautiful, relaxed environment.
- Our distinctive programme provides an opportunity for fun, concrete learning whilst also recognising the importance of the softer, emotional experience in realising goals.
- Our programme aims to support participants to increase their effectiveness and improve efficiency through personal insight and development.
- As a CIC all profits from our corporate programmes are reinvested in running programmes to support individuals who are at risk of developing mental health problems. So, your investment in your employees also carries a Social Return on Investment (SRI)