



EQUINE EXPERIENCES

QUALIFICATIONS

- ✓ Eponaquest EFL Facilitator
- ✓ Master Herder Facilitator
- ✓ 30 Years Horse Experience
- ✓ Equestrian Canada Coach
- ✓ HeartMath Facilitator
- ✓ Advanced First Aid
- ✓ Bachelor Degree
- ✓ Reiki Master

HALF DAY WORKSHOP

4 Hours

Based on several years of research into the history of leadership in multiple cultures and the observation of equine herd dynamics, socially intelligent leadership training involves balancing 5 key roles and learning how to use non-predatory power liberally. Enlightened leadership for the modern human!

\$150 per person, 4-6 People

PRIVATE IMMERSIVES

90-120 Minutes

A great follow up for individuals who have attended a workshop or as an introduction to our leadership model. Identify your leadership challenges and work with the horses to target your key areas.

\$150 - \$200 per person 1-2 people

FULL DAY WORKSHOP

8 Hours

Full Day workshops offer everyone more time to expand their leadership skills with the horses and dive deeper into challenges and goals. We also tackle additional topics like how to approach challenging conversations and emotional agility. Highly recommended for teams with interpersonal and productivity challenges.

\$300 per person, 4-6 people, Includes Lunch

RETREATS

All Inclusive 5 Day Experiences

The ultimate escape to fully learn and integrate the Five Roles model. A holistic Learning and Wellness Retreat with gourmet food featuring local produce and artisans, exclusive local experiences and luxury accommodation. Usually co-facilitated with Executive Coaching experts for a dynamic and unique retreat.

Prices vary, please email us to inquire.

The Five Roles Model

Our work uses Linda Kohanov's Master Herder model. The model is based on 5 roles: the dominant, leader, predator, sentinel and nurturer/companion. We all demonstrate aspects of each role but many of us over-emphasise a certain role which often leads to negative consequences.

Each role has its benefits and challenges, understanding the roles and learning how to use each one effectively produces a balanced leader and team player. The model also discusses predatory vs non-predatory power and how to shift spaces into socially intelligent co-creative environments effectively using power.

The whole model is very much influenced by the behaviour of horses and herd dynamics and is the result of multi-disciplinary study and research.

What is EFL?

Combining the latest mind-body research with the powerful human-horse bond, EFL (Equine Facilitated Learning & Wellness) offers a holistic and practical approach to wellness, personal growth and leadership development.

Many of us are stuck in survival mode with dysfunctional habits and irrational thoughts, EFL seeks to empower individuals and groups by "engaging the other 90 percent," the dimension of nonverbal intelligence so grossly underdeveloped in modern society. All experiences are un-mounted and do not require any horse experience. Ideal for ages 12+

Contact Us

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#5rolesLeadership

Five Roles Leadership

Socially Intelligent Leadership Training with Horses

