

# Horses Building Leaders

Live it, Learn it...Let it change you !



*How Do Horses Build Leaders?*

Trinity Equestrian Center's *Equine Assisted Development (EAD)* is a powerful experience that taps into the natural ability of a horse to unlock your personal strengths and develops your leadership, team, and communication skills while increasing your awareness and stimulating your creativity. Our horse partners makes this process unique and unlike other experiential activities. Our professional staff and horse partners lead participants through focused activities and discussions designed to provide a real-life mirror of thoughts, emotions, and physical behaviors that they may not be aware of but that may be hindering their ability to lead. Getting people to become aware of themselves and their behaviors is the cornerstone to leading others.



Trinity's offers *EAD* customized workshops, retreats for teams, and individual EquiCoaching sessions. All focus on increasing awareness of behaviors, emotions and thoughts that stand in the way of reaching your goals while building leadership, team, communication and creative skills.

*Who is this Team Building Training for?*

Teachers, medical professionals, corporate professionals, small and large business people, government officials, administrators, any type of team leaders.



*How Long and How Much is the Workshop?*

Every *EAD* workshop is custom designed to meet individual and organizational needs. The training is offered in a half (8AM to 12PM) or full day (9AM to 5PM) format. Full day events include a light lunch. Due to the customized nature of each workshop and the multiple variations, please contact us for pricing and details. Thank you.

**NO horse experience is needed. No riding is involved. Our horse partners interact with you as a participant and co-facilitator in the activities, which are all done on the ground.**



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