



**Seminar Title:**        **Leading with Presence: Half-Day Equine-Assisted Teambuilding Seminar**

**Timeframe:** 9:00 AM – 1:30 PM

**Duration:** 4.5 hours including a catered lunch

**Goal:** Develop authentic presence, communication clarity, and emotional awareness through direct interactions with horses.

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### **Sample Seminar Schedule**

**8:30AM**                **Group Arrival and Check-In**

**9:00 – 9:30 AM**        **Opening Session: Welcome and Orientation**

- Introduction to facilitators, safety briefing, and program overview.
- Icebreaker: “Herd Dynamics in Leadership” – quick reflection on how participants show up in team settings.
- Goal setting: Identify one leadership quality each participant wishes to strengthen.

**9:30 – 10:30 AM**        **Session 1: Doing Your Chores Every Morning**

- **Activity:** “Establishing Connection” – approach and connect with a horse using body awareness and nonverbal cues.
  - Muck the stalls
  - Groom and connect
  - Introduction to haltering and leading a horse



- Focus: mindfulness, emotional congruence, and reading nonverbal feedback.
- Debrief: Discuss parallels between equine trust-building and leading humans authentically.



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**10:30 – 11:30 AM    Session 2:    Laying the Groundwork**

- **Activity:** “Leading at Liberty” – guide a horse through a boundary course without ropes or verbal commands.
    - **Being a someone worth following**
      - Aspects of self-leadership
      - How you affect those around you
      - Join-up and trust
      - Obstacle challenge
  - Focus: influence through intention and energy rather than control.
  - Reflection: Connection over command—how congruence and clarity replace authority-based direction.
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**11:30 AM – 12:30 PM:**        **Lunch and Reflection Circle**

**Catered Picnic Lunch**



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**12:30 AM – 1:30 PM    Session 3:    Riding Sessions and Integrate What You’ve Learned**

- **Activity 1:**    Participants who chose may go on a short trail ride (groups of 2 with instructor)
- **Activity 2:**    Participants who choose not to ride participate in additional horsemanship clinics
- **Activity 3:**    Facilitators rotate among participants for individual coaching and discussion.
  - Participants explore shared decision-making, emotional regulation, and adapting leadership style.

**1:30 – 2:00 PM        Seminar Wrap Up and Group Debrief**

- Guided discussion: “From the Arena to the Office.”
- Closing gratitude circle and group photo with horses.

**Learning Outcomes**

Participants will:

- Heighten emotional awareness and presence through real-time equine feedback.
- Strengthen leadership communication by utilizing clarity, calm, and congruence.
- Experience collaborative adaptability and empathy-based influence.
- Translate experiential lessons into actionable workplace leadership commitments.

