



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.

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.



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.