

CORPORATE WORKSHOPS



Horses develop Leaders & Teams

Grow your leadership and team qualities in a unique way.

Introduce horses into personal development.

Learning through experience has a lasting impact on our behavior because it creates associated feelings/physical memory which is a powerful way of creating sustainable change.

Enhance team performance with balanced herd dynamics

- We can learn a great deal by observing and experiencing the instinctual behaviors that surface in groups of social animals, including humans.
- During our corporate workshops we explore the benefits and challenges inherent in the key herd roles and how this translates to human groups.



Tap into it when you need it



"I gained my horse's trust so he really believed in me as a leader and he followed me without a lead rope or anything. I felt amazing, so powerful and capable! What it took for me to gain that trust is something I won't forget." (Software Developer)

"I felt strong, accomplished and confident. It was not until my return home that I realized I could and should parlay that into my everyday life - in a busy corporate

environment, Eponicity may just have equipped me with the skills to be strong and confident but with empathy and compassion, traits which sometimes in that field are considered weaknesses." (Corporate Executive)

What are Eponicity's EFL workshops?



Equine facilitated experiential learning (EFL) is an innovative practice where horse/human interaction is facilitated in dynamic activities uniquely designed to deliver profound and powerful personal experiences.

Eponicity offers individual, group, leadership and team-building workshops.

"I have done many personal development, team building and leadership exercises in a corporate or business school setting and can honestly say that nothing is a patch on this. Talk about fast-track to self-awareness, clarity and truth. Authenticity is hard to find and I found it here." (Attorney)

No prior horse experience is necessary, just bring your curiosity.

Benefits



- Understand your impact
- Get totally objective, immediate feedback from the horse's reaction
- Be truly present and escape the mind chatter
- Practice your non-verbal communication
- Learn to set healthy boundaries
- Natural herd wisdom: learn about teamwork and leadership

"Great insights, it's like a year's worth of coaching in a few days." (Project Manager)

Facilities

Programs are based at Leaves and Lizards in Costa Rica, a rainforest retreat by the Arenal volcano.

Surrounded by glorious nature, facilities include: inspiring training/meeting space, two arenas for horse work, WiFi, video screen, projector, comfortable accommodations and fresh, home-grown food - all on-site so you are free to focus completely on your learning and insights.

Leaves and Lizards is available for separate hire as a corporate retreat venue. As well as Eponicity workshops, you can do numerous "adrenaline" team-building activities in the area to support your event (e.g. zip-lining, rappelling, quad-biking or jungle river cruises).

To plan a workshop or corporate event, contact Deborah Legg or Sally Nilsson
leavesandlizards@gmail.com or 1-888-828-9245

For more details on Eponicity, EFL, Leaves and Lizards or our workshops, visit www.leavesandlizards.com.

Read more about horses as bio-feedback animals in the Eponicity presentation at www.leavesandlizards.com/eponicity



Bring your Board. Bring your Team. Bring Yourself.