Horses pick up on non-verbal body language seven times faster than us
and they react honestly, immediately and without any prejudice.
Coupled with their patient natures and willingness to work with us, this makes them
the perfect mirrors to make us aware of and teach us to expand our relationship and leadership skills.
We won't ride the horses and no previous horse experience is required.

Join us for a day of experiential and embodied learning where we will

- learn by observing horses' leadership and co-operation ability
- examine the leadership and teamwork patterns that emerge as a response of working with horses on the ground
- explore how different moods and leadership styles affect interactions
- motivate a horse and human team to successfully deal with obstacles
- integrate the powerful feedback from the horse's mouth about one's way of being for take-away to office and home
- have fun escaping the mundane and spending time with powerful, spirited and graceful animals.

Leadership Presence with Horses workshops in 2017

Dates: **27 September**
14 November all from 8:45 to 16:30

Venue: **Oude Molen Stables, Pinelands, Cape Town**

Cost: **R 950 for the day, incl. lunch and tea**

Group: **Max. 12 participants**

RSVP: **horses@leadershipembodiment.co.za**

Karen White is passionate about supporting people to be their best selves through the work she does. She is a Professionally Certified Coach and has been coaching for 12 years.

Ute Kuhlmann empowers others to lead from a space of inclusiveness. She is a Leadership Embodiment coach and aikido practitioner.

Both Karen and Ute are avid horsewomen and have had inspirational horses as their teachers for more than a decade.

"***There is something about the outside of a horse that is good for the inside of a [wo]man.***"
~ Sir Winston Churchill

Leadership presence

Participants' feedback

I loved being with the horses and it's amazing how working with them showed up my leadership challenges and how to deal with them.The course was really skillfully facilitated and it's well priced, too.

Bernelle Verster, Bio Process Engineer

I really enjoyed everything about it – the venue, the exercises, the horses, and particularly the wisdom and insight that Karen and Ute bring to the interaction with the horses and holding the group and each individual's process.
What I also particularly enjoyed is that they really brought the embodied aspect of the work so profoundly and visibly into the day, which is a great take-away leadership skill for each person to use going forward in their team and practice.

Tanja Meyburgh, Founder and Director African Constellations, Registered Counselling Psychologist

Thank you for a really interesting day. I had had limited interaction with horses before, and found them a bit scary, but you created a really safe space and I learned a lot about communicating, not just with the horse. I can now understand what it is that draws people to horses so strongly and appreciate how much we can learn from them.

Diane Smart, Attorney

Thank you so much for the wonderful Leadership with horses workshop last week. I found it to be quite a moving and spiritual experience to be around these magnificent animals who can teach us so much. I particularly enjoyed the 'moods connection and centring process' where it became so apparent that our 'way of being' is so infectious to those around us.

Caroline Ravenall, Author and Ontological Coach