



## Embodied presence

Leadership lessons straight from the horse's mouth

Horses are tuned into the present and the intentions around them and they give us honest, immediate feedback without judging or taking things personally. Coupled with their inclusive natures and willingness to work with us, this makes them the perfect mirrors to observe and help us grow 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 horses for take-away to office and home
- have fun, escape the mundane and spend time with powerful, spirited and graceful animals.



### *Embodied presence with horses workshop details*

**Dates:** 6 March 2019  
18 September 2019

**Times:** Both from 8:45 to 16:30

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

**Cost:** R 1,950 for the day, incl. lunch and tea

**Group:** Max. 12 participants

**RSVP:** [horses@leadershipembodiment.co.za](mailto:horses@leadershipembodiment.co.za)

**Karen White** is passionate about supporting people to be their best selves through the work she does. She is a Master Certified Coach and has been coaching for 13 years.

**Ute Kuhlmann** empowers others to lead from a space of inclusiveness. She is a Leadership Embodiment coach and teacher and an aikido martial arts 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**



# Embodied presence with horses

## 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." B.V.

"Powerful workshop so gently, skilfully, and passionately facilitated. I feel nourished, inspired and more centered." T.K.

"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." T.M.

"That one day did something altogether wonderful and wrenching in equal measure – you know, one of those opportunities to let go of another layer, however painful." H.G.

"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." D.S.

"It was truly a memorable day made more powerful by all the [horse] 'companions', I am still reflecting." J.S.

"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." C.R.

"Wonderful day, lots of profound learnings and very skillfully crafted and presented." N.v.W.

"Feeling the effects in my body of the time spent with those graceful and kind horses - to say nothing of the humans. Wonderful to ... peel off another layer of the onion of self knowledge." J.N.

