

4 June 2014

FOR IMMEDIATE RELEASE

EQnimity Increases Emotional and Social Intelligence for Organizations

New offerings include programs that deliver individual and group hands-on activities with horses that provide insight into and development of skills critical to today's businesses.

Waitsfield, VT, June 4, 2014 – EQnimity, LLC has expanded its business leadership offerings at its new location in Waitsfield, VT with programs that help improve one's emotional and social intelligence within the organization through experiential learning with horses. Areas of focus include the ability to manage emotions within work relationships, improve communications, along with the development of authentic leadership through self-awareness and social awareness, all within the context of a collaborative business environment.

"As a social animal, a horse seeks to get along in harmony with other herd members," says EQnimity owner, Janis Cooper, a 30-year Fortune 500 veteran and former executive. "They have the ability to teach us about our communication style, our approach to teamwork, how we solve problems and achieve goals, and whether we are assertive enough to have our needs met. Through their unbiased feedback, they let us know when we are being clear, congruent, and effective and when we're not. Horses also have an uncanny ability to sense what we're thinking and feeling as soon as we have these thoughts and reactions providing increased levels of self-awareness that we can apply in our personal and professional lives."

Located in an idyllic setting in scenic central Vermont, EQnimity utilizes workshops that are offered in one- or two-day formats. Program participants work from the ground and no prior horse experience is required. Workshops are customized to meet the specific needs of each group, including retreats where other meetings and activities can be combined with equine learning programs. Workshops may also incorporate the latest individual and team strength-assessment tools, such as StrengthFinders 2.0, where insight and learning of individual styles and team composition, during goal-oriented activities with horses, can open groups to introspection and positively shift group dynamics.

"Many well-educated, intelligent people are unable to advance their business careers or gain the respect of their peers or management as they may lack key emotional or social intelligence skills – skills which are increasingly recognized as more important than one's IQ in determining an individual's or organization's success", says Cooper. "Unlike traditional classroom-based learning or other outdoor courses, horses offer participants immediate and unbiased feedback that can immediately be used when they return to the office, providing for fast, effective learning and better business outcomes – a priority in today's fast-paced economy."

Follow EQnimity on www.facebook.com/EQnimity

About EQnimity

EQnimity provides unique and powerful equine learning experiences that guide individuals, groups and businesses towards accelerated and lasting change, breaking through the barriers that may be holding them back from their full potential.

For more information, visit www.EQnimity.com.

Media Contact:

Janis Cooper, 603-320-9977

###