

Appreciative Discovery Through Horses



EQnimity HorsePowering Programs: A Somatic Discovery Experience for Positive Organizational Change
An exclusive program offered through the David L. Cooperrider Center of Appreciative Inquiry



An insightful, experiential learning approach that combines Appreciative Inquiry and horses to accelerate positive individual and organizational change

Think of a time when you were fully engaged in something. What was going on within you and around you? Could you sense the impact your interactions and emotions had on others? How engaged were you and how meaningful were those moments and connections? If you're like most people, those times are short-lived and infrequent, perhaps hard to attain. But through horses and appreciative inquiry, comes a combination of unbelievable precision and power, where people increase self and situational awareness to help relationships, teams, and organizations flourish.

Through Equine Experiential Learning, horses become learning partners, helping evoke self-discovery and change. As a prey animal who is highly sensitive and relies on a herd for its survival, horses acutely tune into those around them. They sense what is being projected through thoughts, breath, energy, and body language. Horses are unbiased and reflect what's happening and why, allowing individuals and groups working alongside them to gain a wider and deeper view into themselves. From observing a horse's response, questions are posed to help individuals reflect, discover, then practice change in the moment. Small, but vitally important changes can be made that deliver profound shifts in how individuals and groups communicate, interact, and connect with one another.

"There is something about working together with these powerful, sensitive animals that strips down barriers and removes masks." Kate Williams, CEO, 1% For The Planet

EQnimity HorsePowering Success Programs combines Appreciative Inquiry, individual strengths, and horses to drive leadership skills and group transformation. Through hands-on experiential horse activities, self- and group awareness is achieved in a fun, yet insightful and visceral approach that accelerates positive generative change.

Through horses, discover:

- Greater verbal and non-verbal communication skills
- Strengthened interpersonal interactions and relationships
- Integrated thinking and feeling within decision-making
- Operating/Leading somatically
- Bringing out the best in one another
- Greater emotional and social literacy
- Authenticity and mindfulness
- Increased Leadership Presence

CUSTOM SOLUTIONS

Workshops and sessions are tailored to meet individual and group goals and are offered in 1 or 2-day formats in Vermont or a location near you. No prior horse experience required. All activities are non-riding.

Contact: EQnimity at 802.496.2730
info@eqnimity.com or

appreciativeinquiry@champlain.edu
(802) 860-2700 or (800) 570-5858