

Walk the Talk:

Frequently Asked Questions.

1. How does working with horses help me?

Horses make a fantastic training tool because they act as an emotional mirror – mirroring back to us how we have asked them to do something. In this respect they are invaluable for increasing our self awareness and teaching us how to use every level in our interactions with others. They are also challenging to work with because of their size and strength and this is great for taking us out of our comfort zone. They also have different personalities, as we do, and we pair them with attendees to set the right level of challenge, for example a quiet horse for someone who lacks confidence.

2. Do I need to be able to ride or know anything about horses?

No, this is a ground based course so no riding or prior knowledge of horses is required. The course is not about the horses but about you, the individual, the horses are merely the tool we use to teach you more about yourself.

3. How is the work with the horses 'translated' for me to use in the workplace?

We use video analysis, taking video of the horse sessions and then playing it back and discussing what we see followed by specific facilitation and exercises to teach how to use the skills learnt with the horses within the workplace environment.

4. How do these courses differ from other leadership / communication courses?

These courses differ because of the hands on element that suits all learning styles – visual, auditory and kinesthetic. Because the emphasis is on the doing, the recall level is exceptionally high, participants find it easy to cast their mind back to the exercises with the horses to then find a parallel they can draw with what they are currently dealing with. It is also different in that it takes attendees out of their comfort zone, challenges them and then rebuilds their confidence with the personal skills they have gained. They are not courses to pass or fail but a personal exploration of strengths and weaknesses and offer the means for self improvement. What participants learn can be applied to all areas of their lives not just their workplace.