



HORSENTICITY

EXPERIENTIAL LEARNING & COACHING WITH HORSES



TO BE HELD DURING ANNUALCAMP ON
SATURDAY 15TH JULY 3.45 PM AT
DARKNOLL FARM, OKEFORD
FITZPAINE WITH
CHRISTOPHE STOURTON & FLOOR HOLMES

Horses as Mirrors for Owners of Horses

“to help people live better, happier and more fulfilling lives”.

This will be an un-mounted WORKSHOP (for everyone) & DEMONSTRATION with 2 volunteers and their horses on how to facilitate communications and relationships with your horse. You can make changes to give yourself a boost in your life or your business, unlocking the power of purpose. Horsenticity facilitates your awareness of how to genuinely “be” and “live” the change you want to make. As herd animals, horses respond instinctively to energy levels and the non-verbal signals they sense around them. Their capacity to reflect how we are “being”, makes them uniquely suited to playing a part in experiential learning and coaching. Real-testing ourselves with horses, gives

Need ...→ Want	Dreams→ Reality
Stagnation ...→ Change	Never ever...→ A growth mindset
No Options ...→ No limits	Inflexible→ Adaptable
Procrastination ...→ Let's do it	Head in the sand ...→ Full awareness
Self neglect ...→ Personal development	All too much ...→ Definitely doable
Fear of failure...→ I did it	Not possible ...→ Achievable
Jumbled ideas ...→ Clear vision	Limiting belief ...→ Self confidence
My only story ...→ Expanding options	Indecision ...→ Tiny steps forward

us essential insight into how humans will react to us when we do it for real.

Client view:

“I think the whole experience has given me a new insight in to how my pony is thinking. I never realised there could be such a connectivity until it actually happened on the ground! Now when I am riding I am thinking things through and having a more positive outlook on what we are doing then and there. I always say horses do things for a reason - so now I understand why.”

Cost to Attend is £10 per person. This is refundable if you then sign up for a Horsenticity course.

**Please book on Equo Events or send a cheque made payable to S&DRC to:
Louise Huxley, Darknoll Farm, Okeford Fitzpaine, Blandford Forum, DT11 0RP
(Mobile: 07818 453419)**

