



Challenge U Presents:
The Congruent Leader

A One Day Leadership Training Using Equine Experiential Learning



It's now commonly recognized that less than ten percent of human communication is verbal. And yet in our culture, we've virtually become mesmerized by words. Our social and educational systems teach us to dissociate from the body, the environment, and the subtle nuances of nonverbal communication. Much of human brilliance is driven less by the brain in your head than by newly discovered intelligence centers—now called 'brain two and brain three'—in the gut and the heart. The highest reasoning and brightest ingenuity involve all three of those brains working together. Congruence comes from all three brains being aligned which creates **empowered communication and embodied leadership.**

What is Equine Experiential Learning?

Equine Experiential Learning is a format that uses horses as active participants that help to facilitate the learning experience for the human participants. By examining and understanding horse behavior, and how horses relate to us, we can better understand what may be more effective in our own human relationships.

EEL uses a team approach, bringing together a horse specialist, a trained facilitator and the horse, to assist individuals and groups. Through a collaborative learning process, people use experience and reflection to facilitate learning. The equine-assisted model helps individuals learn about themselves and others by participating in activities with the horses and then clarifying feelings, behaviors, and patterns, recognizing how these may relate to the workplace or at home. While EEL is similar to other experiential programs, equine assisted programs have the added element of **horses** who bring as many different personalities, experiences and attitudes as the humans they are teaching.

Typical outcomes through a Challenge U EEL program:

- ◆ Experience consensual leadership and how to create mutually respectful relationships
- ◆ Uncover unconscious limitations and become empowered to change old dysfunctional patterns of behavior
- ◆ Expand nonverbal awareness to create effective communication
- ◆ Develop listening to the “two other brains”, the heart and the gut, and the information they hold
- ◆ Learn effective and congruent communication skills
- ◆ Redefine power and leadership
- ◆ Identify barriers to effective communication
- ◆ Develop Embodied leadership – Leadership from the inside–out
- ◆ Learn to identify and set healthy boundaries

- ◆ Explore Emotional Intelligence as a tool to effective leadership
- ◆ Experience Be, Do, Have as a primary leadership focus

Timeframe: 9:00 am- 5:00 pm

Location: Challenge U Retreat Facility in Fallbrook, CA

Investment: \$175.00 (discount to \$145.00 if register and pay by July 1, 2010)

Testimonial:

I wanted to thank you for an amazing experience recently at your Congruent Leader Equine Workshop. Your staff is phenomenal and the setting is safe and beautiful. With very little experience with horses in my life, I wasn't quite sure what to expect. My personal goals for the day were to learn more about myself, more clearly identify my leadership style and how to be more effective in the marketplace. You exceeded all of my expectations.

Your team was respectful and found ways to enhance the experience for each of the participants. It was amazing to experience how smart the horses were and the way they looked for ways to cooperate with the participants. Through the interactive exercises, I realized that I tend to focus more on the goal and not enjoy the journey, why I work and lead in the manner that I do (and when it started very early in my life) and how I missed opportunities to be more effective in the past. The workshop is truly transformational.

