



*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: \$145.00 per person if paid by May 7, 2010; After May 7- \$165.00 per person**

**Registration Form: The Congruent Leader- May 21, 2010**

**Name:**

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**Address:**

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**City:** \_\_\_\_\_ **ST:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Day Phone:**

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**Evening:** \_\_\_\_\_

**Email:**

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**Paying by Credit Card: Visa or MasterCard**

Amount to bill card: \$ \_\_\_\_\_

Name on Card: \_\_\_\_\_

Card # \_\_\_\_\_ Expiration: \_\_\_\_\_

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Billing address for card:

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City: \_\_\_\_\_ ST: \_\_\_\_\_ Zip: \_\_\_\_\_

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Signature of cardholder:

*If paying by credit card please fax completed form to 760-451-9312 or call the  
Challenge U office at 760-942-3539.*

*Register Online*

[http://challenge-  
u.com/events.html](http://challenge-u.com/events.html)

Accepting Visa, MasterCard &  
American Express

**Pay by Check**

**Make check payable to:**

**Challenge U, LLC**

**38053 De Luz Rd.**

**Fallbrook, CA 92028**