



# TEAM BUILDING EQUINE AWAYDAY

**In partnership with our Equine collaborators  
we explore group & personal skills in:  
Communication - Leadership - Motivation - Co-operation**

Engagement between with our equine herd and your colleagues in an unconventional outdoor setting will lead you to:

- Foster self-reliance and mutual confidence
- Enhance personal wellness
- Expand the boundaries of your comfort zone
- Reduce stress and anxiety

Through self-discovery and understanding your role within the team, you'll gain insights into how these dynamics are applied and interpreted.



**Sometimes the thing  
that is holding you back  
Is Yourself.....**



**Team and Herd Awaydays  
are available on Fridays:  
May to September**

- All work is carried out on the ground
- No riding is involved
- Dress for the outdoors
- With sturdy covered footwear

Maximum 12 participants

Light refreshment provided  
Catering by arrangement or  
bring a packed lunch

## Workshop Location

Elliott Polo Ponies  
Scots Farm Stables  
Checkendon  
RG8 0TL

**Immersive workshop timing  
11.00 am - 4.00 pm**

## For booking contact

Email: [denise.lyttle@in-harmony.co.uk](mailto:denise.lyttle@in-harmony.co.uk) - Phone: 01748 901694

## TEAM AND HERD

In association with

