



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 Building Awaydays
available by arrangement
From 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 Locations

Scots Farm Stables
Checkendon, RG8 0TL
or
Chapel Farm,
Oakhanger Road, GU35 9JB

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

For booking contact

Email: denise.lyttle@in-harmony.co.uk - Phone: 01748 901694

**TEAM AND HERD
COACHING
WITH
HORSES**

<https://teamandherd.co.uk>

