

HORSECOACHING

BE THE FITTEST

One experience says more than a thousand words.

Horsecoaching Be the fittest is specialized in the use of horses for personal and professional development of people. We work from our own vision and working method. This is provided by a clear and practical way of working with the horse to daily life and work situation.

The horse coaches work closely on the essence and connect with the participant and nature of the horse. Because of the reflective quality of horses, coaching with horses is often described as a mirror with the horse. The beauty of a mirror is that it reflects what it receives, without a judgment that clouds.



Method

The sessions are individual or in groups. During the session we bring people and horse together in a deposited space. The situation that arises is often described by participants as a simulation of reality.

On the basis of exercises with the horse, the participants experience personally what qualities they possess, against which blockages they approach and unconscious behavioral patterns are made visible and tangible.

The role of the horse coach is to read the behavior of the horse and to observe the behavioral patterns. The coach discusses with the participant(s) what is happening in the contact with the horse, thereby always making the link to daily life or the work situation. Working with a horse brings a thorough insight into the intersection of your personal story and your (professional) functioning in a short period of time. This depth and insight are rarely touched in other forms of guidance.

Examples of services involving the use of horses

- Workshop efficient steering to lifetime & career
- Workshop inspirational leading
- Workshop empathically acting with the horse as a mirror
- Company outing: "mirror with horses"
- Become acquainted with horse coaching
- Walking coaching: "On the road to a new balance"
- Workshop: "Teambuilding, with horses"

Result

In contact with the horse it quickly becomes clear how it goes, in addition, participants easily discover how things can be done differently and they can immediately practice with different behavior, new skills or a different attitude. The horse always responds immediately and in the here and now. That makes horses fine sparring partners in the learning process.

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Be the fittest
tastbaar zelfinzicht.