

The Way of the Horse – The Art of Leadership

Saturday 4th September 2010

9am-4pm

'Windhorse Wisdom'

Equine Experiential Growth & Learning

Ph: 0419 004 222

PO Box 447 Monbulk 3793

www.WindhorseEducation.webs.com

windhorsefarm@live.com

Participants may prefer to be picked up from the Belgrave or Lilydale railway station or to stay overnight at a local B&B.

\$400 full day; students \$100

This unique workshop is a deep journey into self awareness that goes beyond just learning by doing. It will explore leadership of self and others through an action learning process that incorporates creative and enjoyable group activities in interaction with horses. All activities take place on the ground, it is not physically demanding, there is no riding involved & no prior horse experience is required. The horses used are people friendly.

why

Leadership capacity is enhanced through a deep awareness about what influences their decisions, actions and contact style, challenging and changing the way they think, feel and act in collaborative relational processes. Participants will develop greater self awareness and enhanced understanding of systemic processes to act from an empowered authentic leadership role.

Participants will be immersed in a whole body action learning experience with horses where they will practically apply and reflect on their leadership abilities and awareness. Guided reflection about the experience will reveal unconscious beliefs, assumptions and patterns of responses that effect the quality of social interchange. Experiential application of the insights gained will lead to transformation of limitations to enhance leadership strengths and capacity. The process is creative, challenging, collaborative, empowering, lively and fun. Powerful metaphors will emerge which readily translate to personal and professional contexts.

how

This workshop is suitable for all interested in leadership, including facilitators/coaches/trainers who want to lead and connect with deeper levels of presence and awareness and is suitable for all levels of AL/AR experience.

who

Cheryl Cruttenden

Cert. EAGALA Equine Assisted Therapist – Equine Professional; Equine Experiential Education (E3A) member. Cheryl has lived and worked with horses in the USA, UK and Hong Kong and has spent 30 years in indoor and outdoor recreation and adventure activities and has tutored in Recreation Management at the University of Hong Kong. Windhorse Wisdom evolved as a response to the belief of the integral ties between nature and human health, development and well being. Cheryl combines her experience and training in horsemanship, outdoor activities, Tai Chi and Gestalt Therapy, to facilitate experiential horse human interactions for leadership and professional development - aligning mind/body/spirit for 'Whole Body Intelligence'.

Helen Gorfine

Helen is an EAGALA certified Equine-Assisted-Psychotherapist with 25 years experience in therapy, group and team workshop facilitation currently working in public mental health and private practice. Helen uses her experience and training in Education, Systemic Family Therapy, Gestalt Therapy, Cognitive-Behavior-Therapy, Psychodrama, Sociodrama, and Role Training to design and facilitate innovative group and team programs. She conducts Equine-Assisted-Learning professional development and leadership workshops for educators, mental health clinicians, allied health professionals. Helen believes learning partnerships with horses are unique and provide an extraordinary opportunity to cultivate professional growth.

Register online www.alara.net.au/worldcongress/2010/precongress

Enquiries regarding payments:	Enquiries regarding workshops:	Enquiries regarding congress:
Donna Alleman admin@alara.net.au	Elaine Hartley ehartley@netspace.net.au jkavanagh@ains.net.au	Dr Jacques Boulet, Chair ALARA Congress Committee alara@borderlands.org.au