



Leadership Foundation

EQUINE LED PROFESSIONAL WELLBEING DAY

Kits Coty Farm, Aylesford, ME20 7EW

To quote the UK's Health and Safety "the prevention and management of workplace stress is vital in maintaining employee wellbeing and performance, and improving organizational efficiency and success", they cite 9.9m days lost in 2014-2015 across the UK market arising from work related stress, depression or anxiety, with an average of 23 days per individual case.

The model employer looks not only to their own leadership styles but to strengthening the coping strategies of individuals across the organization, as well as the creation and maintaining, of the appropriate workspace. Equilibrium is very pleased to offer a unique experience which supports the development of individual and collective wellbeing the workplace.

This day brings together the highly respected professional coaching and personal development offering of Passepartout Consulting with, the commitment to presence and meditative practice delivered by The Mindful Horse. Through a mixture of experiential sessions – some supported by horses – delegates have the opportunity to explore and understand their own needs as well as increasing their awareness of others.



WHY HORSES?

As prey animals, horses are constantly alert to their environment and those around them and as a herd animal they are very strongly aware of the energy, intentions and non-verbal communication of others, to which they respond honestly in the moment, providing a non-judgmental reflection of how we are being and behaving around them.

To find out more please:

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