



HorseSense Unlimited Workshop Preview

It is often said that the key difference between trainers versus facilitators or managers versus leaders is that facilitators and leaders understand that the best motivation comes from within (intrinsic) and cannot be done to them (extrinsic), that real leadership and facilitation lies in enabling and empowering, not directing and imposing.

The metaphorical phrase that is so often used to describe this phenomenon succinctly is, "You can lead a horse to water but you can't make it drink." Other much used equine metaphors include the targeted selection, "Horses for courses".

Why do we find such equine metaphors say so much in so few words? Why do they have such power for us? Part of the answer lies in the history of the relationship between man and the equine species. For centuries man relied on the horse as the main form of transport and as a manageable beast of burden. This relationship demanded a high degree of communication and trust between man and beast. The horse has been and still is, a symbol of prestige and wealth.

Many of the achievements of human exploration, imperialism, colonisation and civilisation would have been impossible without the man-horse relationship. Key to this relationship has been man's ability to teach the horse and the inherent "teachability" of the horse.

The development of this relationship over centuries has taught mankind a great deal about how to develop relationships of learning, co-operation and trust for mutual benefit.

So we can continue to learn and re-learn many of these profound and fundamental lessons by experiencing and exploring our ability to relate to, and learn from, horses. These highly intuitive, instinctive and responsive creatures have a great deal to teach us about ourselves and the messages we convey, through the perceptions we create. They can help us discover how the world interprets us and help us to make changes that can enhance our personal and professional productivity and success.

Some of this can be achieved through thought and awareness but the most lasting and profound learning will come from standing in a controlled space with a horse and attempting to communicate with it to achieve a simple task such as moving from one place to another.

The words you use will mean nothing. The relationship and communication will succeed or fail purely on non-verbal communication: sounds, gestures,





movements, facial expressions, eye communication. Research shows that these non-verbal elements account for around 90% of all human interpersonal communication, but most of us spend most of our thought on the less important verbal element, the words we use.

Here is a powerful opportunity to take the verbal element out of the equation and rely solely on, explore and experiment with, the areas where we should have more expertise, the non-verbal.

Here is an opportunity to develop some genuine ***HorseSense Unlimited.***

Email Andrew@creativetraining.com.au for more resources or to explore this unique form of learning, experiential discovery and leadership/team qualities.