



HORSE ASSISTED EXPERIENTIAL LEARNING ANTJE SEEBER

Live authentically, lead confidently.

2-day workshops for executives at Quinta da Sernadhina in Portugal.

2-DAY WORKSHOPS FOR EXECUTIVES

Develop and strengthen leadership skills



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*Experienced learning is more sustainable
than the theoretically lectured.*

Develop and strengthen your leadership skills

YOUR TASK

Relaxed and confident leadership
as a mature and balanced leader.

OUR CONCERN

We effectively show how this goal
can be achieved by activating
one's authenticity and using the
intelligence of the herd....

The workshops are not comparable to the model of
classical information transfer.

*The learning effect occurs as an AHA experience:
Through 'Experienced Learning' in the interaction with the horses!*



SMALL GROUPS - INDIVIDUAL SUPPORT.
INDIVIDUAL COACHING ON REQUEST.

Leadership work can often push the limits.

Leadership always begins with ourselves. Anyone who approaches the subject of leadership with heart and mind will come across essential basics in contact with horses.

Horse-supported experiential learning - of body awareness and creative visualization to guide leaders, direct employees confidently and grasp the complexity of leadership holistically and literally "in the flesh".

We call the personal gain that especially executives with responsibility can draw from the intensive contact with horses the **"activation of the authentic self"**.

We invite people in leading positions to get to know this **innovative** way of practical and, above all, **everyday** personal development.

The workshops are geared towards:

- Managers in general
- Managers
- Personnel developers
- Heads of departments/divisions
- Junior managers
- Senior managers
- Team leaders
- Promotion candidates



Horse experience not necessary!
We work from the ground.

What we want to achieve: The joy of leading!

BASIC RESULTS WE OBTAIN:

- better assertiveness
- intelligent handling of aggression
- emotional fitness and agility
- authentic leadership
- creativity in conflict resolution
- gaining greater self-awareness and acceptance through mindfulness techniques and applying them daily
- better recognition of the information content behind emotions

This means leading employees entrusted to them without many words and offering them a responsible and reliable framework. In addition, they learn to distinguish between intuitive 'messages' and thoughts of the employees and their own reaction potential.

Through experiential learning, you will be empowered to confidently handle stress with co-workers (e.g., the topic of "goal setting") and to solidify your own authentic personality.



For long-term successful and relaxed leadership applies:

The only way is to change one's own leadership behavior and the perception of the employees.
Leadership work is relationship work!

HOW WE ACHIEVE IT

The purposeful path to authenticity: Horse-based experiential learning - the practical training of their leadership skills.

The overall program is designed to guide participants toward the discovery of their own individual talents.

You will learn to recognize subtle energetic signals of the horse. These allow you to become clear to your own unconscious energy and understand where they come from.

EXCITING

Everyone is on an equal footing in what is an unfamiliar, delightful and new form of seminar for everyone involved.

IMMEDIATE

The participant has a lot of self-activity and experience. At the same time he receives immediate feedback from the horse.

EFFICIENT

Our horses are trained to the necessary skills in working with small groups and for individual coaching.

YOUR TAKE-AWAYS

- Recognizing and distinguishing body language and thought patterns: if you suddenly find yourself emotionally overwhelmed, you will be able to deal effectively with this very personal issue
- Mindfulness exercises: Correctly reading horses' reactions and interpreting messages from horses for yourself
- Learning to read emotions: through the feedback of subtle animals, a variety of human issues are mirrored
- Leadership in agreement: a real authority does not have to be authoritarian! Who knows what and why he does something appears credible.

Why horses as interaction partners? They are the mirror of our actions!

Horses have a distinctive and extremely efficient leadership and social behavior.

Just as trust, responsibility and clarity make up a healthy corporate culture in companies, so it is in a herd of horses. The second essential commonality between humans and horses is that humans, too, will only follow voluntarily if there is a natural balance between respect, trust, authority, persuasiveness and credibility between them and their leaders.

Horses, by their very nature, are ideal for the discipline of experiential learning:



HORSES:

- are masters of perception and non-verbal communication
- act authentically: intuitively and directly in the moment
- challenge - and thereby promote - the presence of their counterpart
- mirror the unconscious behavior and emotions of your counterpart
- make us aware of our strengths and weaknesses
- (re-)activate buried dimensions of perception and communication in people.

The horses' need for clear hierarchy and communication is so significant to the Equine Assisted Seminars.

HORSE ASSISTED EXPERIENTIAL LEARNING
ACCORDING TO LINDA KOHANOV (USA)

The EponaQuest approach by Linda Kohanov: A logically structured concept that has been tried and tested for decades

The concept of our workshops is originally based on the research of the archetypal life of horses, and further on the research of consciousness with the help of horses. The research of Linda Kohanov has led to the development of modern horse training methods, intuitive techniques and special personality development.

THE BASIS AND MOST IMPORTANT TOOL OF THE WORKSHOPS

Using principles of behavioral research, these findings have been translated into a modern form of experiential learning that promises a higher degree of emotional and mental balance when guided by certified trainers.

Research shows that experiential learning permanently anchors what is learned by activating additional brain regions.

The EponaQuest method takes a more people-friendly approach that is more in line with our learning needs.

Introducing: Authentic living & leading exemplified



ANTJE SEEBER
COACH & LEADER & BUSINESS FOUNDER

- Studies at the University of Education Karlsruhe
- 23 years of teaching in children, youth and adult education
- Founding of the company: Horse-assisted interventions Antje Seeber, 10 years management
- Eponaquest Instructor, Masterherder Instructor, Power of the Herd
- 40 years of horse experience

DEVELOP AND STRENGTHEN LEADERSHIP SKILLS

Agenda of the 2-day workshop

1. TAG

8.45 Uhr	Arrival and orientation
9.00 Uhr	Welcome, getting to know each other & topic of the day
9.45 – 10.45 Uhr	Introduction to theory & methodology with practical exercise
10.45 – 11.00 Uhr	Break
11.00 – 13.00 Uhr	Practical exercise with horses & evaluation
13.00 – 14.00 Uhr	Lunch break
14.00 – 15.00 Uhr	Theory part in seminar room
15.00 – 15.15 Uhr	Break
15.15 – 16.45 Uhr	Theory part, demonstration with horses
16.45 – 17.00 Uhr	Practical exercise with horses & evaluation Closing round

2. TAG

9.00 Uhr	Check-in
9.30 – 10.45 Uhr	Theory part in the seminar room
10.45 – 11.00 Uhr	Break
11.00 – 11.30 Uhr	Theory part in the seminar room
11.30 – 13.00 Uhr	Practical exercise with horses & evaluation
13.00 – 14.00 Uhr	Lunch break
14.00 – 15.00 Uhr	Theory part in the seminar room
15.00 – 15.15 Uhr	Break
15.15 – 16.45 Uhr	Practical exercise with horses & evaluation
16.45 – 17.00 Uhr	Final round and goodbye

The schedule of workshops is subject to change.

BRIEFLY OUTLINED - THE PROGRAM DESIGN

What to expect in detail.

1. WE WORK MAINLY OUTDOORS

Arrival of the participants from the surrounding accommodations. Welcome, introduction and "check-in" in the seminar room/terrace. After an introduction to theory and methodology, we will then head towards the training area to the horses.

2. THEORETICAL PART

Now we are ready to practice the detailed and most important part - the "Experiential Learning": We go directly into the connection with the horses for this. Each participant is individually supervised.

3. CATERING

Drinks and food will be available for you during the workshop. At noon we have scheduled an hour break with Portuguese food.



Horse experience
not necessary!

*We work from the
from the ground*

Our seminars are always up to date and thus adapted to the constantly rising standards of the market of equine assisted work.

WHAT YOU TAKE WITH YOU. WHAT HAS CHANGED FOR YOU.

Goals and Outcomes.

LEAD CONFIDENTLY AND SAFELY!

The 2-day workshops pursue the specific goal of "activating the authentic self". In the work with horses we convey and train the leadership attitude, which - once solidified - significantly improves and simplifies the leadership of employees. The personal gain of our workshop visitors for their own well-being is sometimes considerable. Become congruent, i.e. thinking, wanting, feeling and acting are aligned. This makes your actions powerful and effective.

You are more than your rational intelligence - much more!
Become self - aware - successful

YOUR NEW KEY SKILLS TO STRENGTHEN LEADERSHIP SKILLS:

- Lead yourself and others safely: Effortlessly, stress-free and confidently
- Create an authentic and situation-appropriate leadership culture
- Become a person who moves things instead of being moved.
- Achieve higher value creation and employee commitment by letting go
- Access your inner voice and regain your inner wisdom
- Be effective through congruence and authenticity instead of leading through dominance



Have you ever considered "learning" relaxed outdoors?

Are you able to sit back at all?

QUINTA DA SERNADHINA IN PORTUGAL

A location introduces itself

Under the Alentejo sun, Sernadinha is the perfect place to learn and relax.
A unique stay is guaranteed.

THE LOCATION

You will stay in the quiet surroundings of the village of Aldeia do Cano, in the Baixo Alentejo region. Sernadinha is 8 km away from Cercal do Alentejo and São Luís is 10 km away.



**A SUMMARY ON THE TOPIC
SELF - AWARE - SUCCESSFUL.**

Our workshops for managers.

You will stay in the quiet surroundings of the village of Aldeia do Cano, in the Baixo Alentejo region. Sernadinha separates 8 km from Cercal do Alentejo and São Luís can be reached after You will learn theory and especially practice of Equine Facilitated Experiential Learning and participate in activities where horses support people to reach a higher level of physical, emotional and mental balance.

This intensive program to (re)activate the true self works according to the EponaQuest™ methodology with horses as "co-instructors". Finding access to one's own inner leadership, strengthening self-awareness and attaining serenity are core goals: People in leadership positions learn to be more authentic and confident, to set and maintain healthy boundaries. And to look at the much time-consuming part of life that everyday business takes up from a broader perspective.

**After two impressive days you should
have internalized the following:**

**Flexibility and curiosity are
more important than
methodological fidelity**

**Confidently recognizing what
is possible and feasible**

Authenticity is more important than perfection

The importance of congruence* in leadership behavior
*Correspondence of verbal and nonverbal statement.



In the name of my whole team I am looking forward to active, open-minded people in responsible positions who are curious about my coaching offers. And want to go this special way to a better leadership personality with us.

ANTJE SEEBER

Course fee

- Expand and strengthen leadership skills workshops
- Two days, each from 9 a.m. to 5 p.m. incl. drinks and catering
- Telephone coaching (up to one hour) within 3 weeks after the workshop
- 1.450,00 € plus VAT per person

Registration

Registration via homepage www.antjeseeber.com

Please let us know if we can accommodate you as a
a) Vegan b) Allergic c) Other

can make arrangements. Any concerns please let us know. A confirmation email will be sent to you after registration.

We will also be happy to answer any other questions you may have via contact@antjeseeber.com.



Limited number of participants

Workshops for small groups with individual support. Individual coaching available on request.

Tel. 0049 175 5279476 or
Tel. 00351 964161168

Accommodation and meals

The workshop fee includes drinks and food during the workshop. Breakfast, dinner and accommodation are not included. Contact details for nearby accommodation can be found at www.sernadinha.net

Important note about the journey

Our property is located about 7km away from Cercal do Alentejo. For participants arriving by public transport, we offer a transfer service from Vercal to Quinta da Sernadinha by arrangement. We can be reached from Faro and Lisbon in about 1.30h or 1.45h by car.

Booking - Dates

Current dates and available workshop places can be found at www.antjeseeber.com.

Dresscode

The workshops will mostly take place outdoors. Please remember to wear appropriate clothing such as a rain jacket/sunscreen and suitable, sturdy shoes. Be prepared for bad weather as well as larger temperature differences.



YOUR NEXT STEPS

Check out our next workshops and events

And book yourself in for a learning experience you'll never forget. We're looking forward to meeting you as your guides and coaches.

[GO TO WWW.ANTJESEEBER.COM](http://WWW.ANTJESEEBER.COM)

