



EQnimity

Empowering People. Inspiring Leadership through Equine Facilitated Learning

Vermont Federal Women's Network HorsePowering Success at Work

In today's fast-paced work environment, change is constantly underway and people are being asked to do more, with less. When tensions run high, team and leadership dynamics can either help or hinder success. When individual strengths aren't utilized, employee satisfaction and team effectiveness also decrease.

Equine Facilitated Learning is a fast-growing approach to understanding how individuals and groups are operating. Through their natural ability to mirror back how people are showing up, horses help you become more self-aware and gain new insight into how and why things aren't working optimally. Through horses you learn to be more effective and successful at work whether an individual contributor, a leader, or as part of a team.

In this 2-hour free demonstration, you'll have the unique opportunity to gain unbiased feedback from horses in a fun, hands-on experience.

Discover how to:

- Increase collaboration and communication with team members
- Apply creative problem solving; apply your strengths
- Recognize how your body language impacts communication
- Enhance emotional intelligence; managing stress, emotions, behavior, and energy
- Increase your confidence through new leadership skills
- By partnering with horses, practice change in real-time

**June 25th, 11am-1pm,
One Mitten Farm, Shelburne, VT**
No riding. No prior horse experience required.

Email VFWN14@gmail.com to register

Saturday,
June 25th
11am-1pm
Shelburne, VT

Register through
VFWN14@gmail.com

Registration Deadline
June 17th



EQNIMITY

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