

Scenraio

A two-day development program with horses

Day 1

10:30- 11:30	Welcome and presentation of the program	The horse as a trainer - the basics of the method; Presenting the idea essentially: Leadership in uncertainty Operation despite not having full control; Leadership as a service; Your thoughts, feelings, attitude, values and actions in action. Preliminary round: What is your value that you want to improve today? What do you want to bring to the group today?	60 min.
11:30- 12:00	Ex.1 – Observation and evaluation	Observation of several horses Observation of the leadership role Observation of facts and opinions	30 min.
12:00 – 13:00	Ex.2 – To lead and to be led	Choosing horses by yourself Participants lead horses Discussing your leadership style and used values	60 min.
13:00-14:00	Dinner		
14:00–15:00	Ex. 3 Courage to trust	Experience of leading and being led - one person with closed eyes, the other with open ones standing on both sides of the horse (on the side) Discussion	60 min.
15:00-17:00	Ex.4 Distance and intimacy	The experience of moving from a distance to closeness/intimacy	120 min. With break in the middle
17:00 – 18:00	Summary of the day	A round: What are you finishing with? Creating a mind map with reflections	

Day 2

09:00- 10:00	Preliminary round	Reflections after the first day and goals for day 2	60 min.
10:00 – 11:30	Ex. 5 Orientation to the individual goal	Preparation of individual goals Showing goals The road to the destination with the horse on the symbolic route, set by the participants;	90 min.
11:30-13:00	Ex. 6 Group goal orientation Preparation of group goals	Preparation of group goals Showing goals The road to the goal with the horse the entire group through the symbolic route set up jointly by the participants;	90 min.
13:00 – 14:00	Dinner		60 min.
14:00-16:00	Horse Assisted Education Theory	Basics of working with the method - Horse as a trainer - Learning process - Facilitation Question and answer session	