Slieve Aughty Centre Hosts Brilliant Open Day for Companies

Slieve Aughty Centre in East Galway is delighted with the success of our Open Day for Companies held on Monday October 19th. Seventeen people participated, representing companies from many different business sectors and regions in Ireland. Each person had the opportunity to interact with one or more horses during the 3 hour Equine Facilitated Leadership Workshop, and each person learned a great deal about themselves as leaders and communicators and identified areas of improvement. In their own words, participants learned

"I need time to ground myself (I jump in) and I lose my focus when there's too many people talking"

"I expect people to just do them without thinking about the intention behind it."

"When I stood alone with him (the horse) I had a fear that controlling might hurt, so today I transformed that fear, I can now take control and know my intentions are respectful and honourable."

"that I work and connect best when I give myself time to connect and find my peace."

Whether participants found a need to be more focused, let go, be more assertive, or whatever their own challenges were, the horse quickly showed them what was not working and what was. With this immediate feedback and input from the group, participants were able to adjust their communication to achieve a better result. As participant Paraic Bergin said, "It was an excellent opportunity to see my own and other people's management and leadership styles at work in an unfamiliar environment, and to learn how easy and simple it is to modify it to achieve better performance and results."

Facilitator Hans van Randwijk was thrilled that participants were able to achieve so much in such a short period of time and really experience the benefits of the workshop. Typically held over 3 days, the Equine Facilitated Leadership Workshop uses a variety of exercises with horses to help business managers and corporate teams identify the strengths and weaknesses of their leadership and communication styles, and gives them an immediate opportunity to change their approach to get the desired result. At the end of the workshop, participants walk away with a clear, conscious idea of how to modify their communication and leadership to be more effective managers. For more information about the Equine Facilitated Leadership Workshop, contact Merel Zyderlaan of Slieve Aughty Centre at 086 3608316 or merel@riding-centre.com, or visit www.leadrope.nl.