



Bodster Equine Assisted Learning Centre

Company no: 8262297

Bodster CIC, 3, Down Lane, Ventnor I o W PO38 1AH www.eaqbodster.co.uk

Team Building sessions Bodster CIC

- Cost of session = 3 hr session for 6 people maximum = £250

Aims and Objectives of a Team Building session through interaction with herd and Equine Therapy

- To explore how to succeed working as part of a team and identify any issues/ difficulties/ areas to consider – based on observation of herd dynamics
- To explore concept of 'listening' and gain an idea of how they listen as part of a team
- For every learner present to have some form of interaction with the herd according to their individual needs
- To identify and if appropriate state a short term target for themselves to complete since completing the session

Bodster Equine Assisted Learning Community Interest Company (C.I.C.)



Team Building session Basic Outline of Course

- Sessions to include various practical activities where participants will work with the **horses on the ground**. Participants will be able to observe each other with the horses, discuss their experiences and decide how to build better working relationships with their team as a result. Time will be spent reflecting on the personal experiences and discussion will include looking at aspects such as:- Positive V Negative approaches to situations/ Problem Solving/ Barriers to Productivity/ Making Choices leading to empowerment. Sessions may be challenging but will be fun! The aim is to go away having a heightened ability to observe, which in turn will improve communication skills with colleagues and improve personal and management skills.
- Participants need to come prepared to participate in activities and in comfortable clothes and footwear suitable for working out of doors with horses.

For more information contact:- **Jo or Giles Boddington on:- 07887876138 or 07790305108**

or email us on joandgi@googlemail.com More details on :- www.eaqbodster.co.uk