



## Effective Leadership & Teamwork

### A 1-Day Introductory Course Using EAL + NLP Equine Assisted Learning

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#### Description

This course is a 1-day introduction to demonstrate how EAL and NLP can be used to explore the principals of leadership and teamwork. The emphasis is on leading by example, being fully engaged, recognising successes and challenges, offering feedback and encouragement and being committed to a successful outcome.

#### Agenda

1. Tea/Coffee & Registration
2. Introductions and basic Health & Safety
3. Meet the herd
  - i. First impressions
  - ii. How easily are you influenced?
4. Hands on horse Health & Safety
5. Break
6. Leadership styles
7. What type of leader are you?
  - i. Tell us
  - ii. Show us by leading a horse
  - iii. Reaction
8. Leadership vs. management
9. Management styles
10. Lunch
11. Providing feedback
  - i. Frequency, timing and consistency
  - ii. Rewards vs. punishment
  - iii. Impacts of viewpoint, expertise and external influences
12. Break
13. Teamwork
  - i. Communication
  - ii. Coordination
  - iii. Balance
  - iv. Trust & support
  - v. Effort
  - vi. Cohesion
14. Review of the day
  - i. Q&A
  - ii. Feedback

#### Further Information and Booking

For more information about Inspired Equine Assisted Learning CIC and our courses see our website at [www.inspired-eal.co.uk](http://www.inspired-eal.co.uk).

For additional details about this or other courses and to book your place email [info@inspired-eal.co.uk](mailto:info@inspired-eal.co.uk) or call Mike Burrow on 07729 909186.