

EAHAE
HORSE ASSISTED EDUCATION



European
Association for
Horse Assisted
Education

Horse Assisted Education

For many hundreds of years man and horse have worked together. In recent times many more horse people have come to realise that horses are not just our working partners and pets but also great teachers. We are learning that horses can teach us about many highly valued core skills that can get lost in today's hectic lifestyle.

Given the current social and economic climate it is now more important than ever to rediscover these core skills. Horses are the perfect teachers for many of these skills and Horse Assisted Education is a wonderful way to learn.

Over 200 seminar providers, coaches, facilitators work together in the EAHAE, which stands for European Association for Horse Assisted Education as well as for *e q u i n e A H A e x p e r i e n c e*.

Experience for yourself and for your organisation how important trust, respect, honesty, humility, integrity, and authenticity are in effective communication and in getting results.

Welcome to a new world of learning!



We are all leaders, some lead themselves, some lead others.

Being a congruent leader makes life easier and more meaningful.

Leadership

Now that people are educated and think for themselves, we need a paradigm shift in their development. Congruent, inspirational leadership by example is the order of the day. This leadership is about four things:

- 1 being clear about what you want at any given moment and understanding what being congruent means for you,
- 2 understanding your peers and those you are leading, the way they think and communicate and
- 3 simultaneously focusing on both 1 and 2 in order to
- 4 take appropriate and effective action.

This brings huge benefits to yourself and everybody around you.

Horse Assisted Leadership Development is a powerful experiential approach for developing aligned personal skills in action by working in partnership with horses. You try out your skills by working with a large, powerful horse to do simple tasks. Why horses? Because horses are extremely canny herd animals that only respond well to good congruent leadership and instinctively challenge weak leaders. They don't have a personal agenda. They just respond to who and how you are at any moment. Believe it or not, human-to-human communication is 93% nonverbal yet most education and training concentrates on the remaining 7%, words. The remaining 93% is largely neglected. This means there is enormous scope to achieve a lot even with just a little work on that 93%. As you learn to lead a horse without words (and without force), you are developing the neglected 93%. You will be amazed at how instant and accurate the feedback is. Guaranteed.



How do you ensure the team building programmes in your organisation get your teams performing at their best?

Team

Horse assisted team building is a unique and powerful experiential team event working with horses. We guarantee you will experience a positive change in your teams. Although we work with horses, this programme is not about horses - it is about people. On our team events your people will

- 1 Understand and appreciate the unique skills of each team member.
- 2 Actually work together in challenging situations, not role play and pretend.
- 3 Know how to engage with the entire team more effectively.
- 4 Leave with a clear vision on how to work together.
- 5 Feel part of a cohesive effective, high performance team.

So many trainings focus on what we do in the team, this programme is different. Working with the horses you focus on how and who you are in the team. We work with the really important elements of team-work; clarity of purpose, awareness, belief in self and others, confidence and the importance and dynamics of leadership within the team.



Creative, action based experiential learning opportunities to help you actualize your leadership excellence, engage in team performance and inspire organizational spirit.

Coaching

In the coaching relationship, horses help us in our effort to work with trust, respect and understanding. This can help us to expand our awareness so our true creative spirit can express itself. Some topics that will be covered:

- 1 Your creative Self
- 2 Confidence and Self-Esteem
- 3 Setting and achieving goals
- 4 Expanding the comfort-zone
- 5 Overcoming obstacles
- 6 Building good relationships

Feedback comes from three sources, namely horses, video and coach. Theory is kept to a minimum, but all results are related back to your every-day life and your professional world.



Anne & Jørgen Kühnell
Hesteriet Kumlegaard®
EAHAE Founding Members
Anne Kühnell is EAHAE
Advisory Board Member

Hovedvejen 61
DK-4000 Roskilde
Denmark

Phone +45 46481070
Mobile +45 40681472
kunnell@kumlegaard.dk
www.kumlegaard.dk

EAHAE

The European Association for Horse Assisted Education (EAHAE) is a non-profit platform for information, communication, education, certification, research and publication of every kind of Horse Assisted Education.

The vision is to establish and develop Horse Assisted Education as a general form of personal and professional development in (not only European) enterprises, organisations, institutions, societies, and for personal purposes.

We see the EAHAE as an international platform, which was established in Europe 2004 but which is now a worldwide platform for everyone who is dealing with Horse Assisted Education in personal or professional development.

An international conference is held every year. For further information please visit the website www.eahae.org.

EAHAE Advisory Board:

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EAHAE
European Association for Horse Assisted Education

HorseDream Non-Profit-Center
Gut Klein Nienhagen
Ahornallee 11
D-18236 Kroepelin
Germany

Phone: +49 38292 820 994
Fax: +49 38292 820 995
Email: office@eahae.org

www.eahae.org