

Leadership Seminar

Making the unconscious conscious!

Unleash your full potential –
training for people, with and without
direct reports

Location: Lutzmannsburg/Frankenau Austria
Dates on request
2 Trainer and horses as co-trainer



Making the
unconscious conscious
and discovering one's
own effect playfully to
create a **solution space**
for change





Benefit from horses as
co-trainer.

Horse-assisted
seminars are ideal for
reflecting on yourself
and your own actions.

**Become a more skilled
leader!**



Seminar

We believe that **mindfulness, trust, respect, authenticity and perception** are essential qualities to lead people.

Those who master these skills and feel them with every muscle fibre are better prepared for the challenges ahead in an ever-changing environment.

Alexandra and Thomas are two experienced trainers who are happy to share their training and leadership experience with the seminar participants. In addition, horses are used as co-trainers. Together we want to perceive, address and reflect on blind spots of the seminar participants in their individual, non-verbal behaviour in a wide variety of situations. Afterwards, transfer solutions for everyday life can be worked out.



Seminar content

- **Self-reflection** and working on one's own impact
- Perception of one's own impact through self-image and comparison with others
- The importance of **authenticity**, **trust** and **respect** as elementary foundations of cooperation
- **Non-verbal communication** as a key element of personal impact as a leader
- Empathy in leading different personality types and promoting dealing with different employee needs



Seminar Method

The workshop is characterised by impulses, experiential learning and discussion as well as emotional, experience-oriented elements.

Together we work out the essential contents with the co-trainer horse in the riding hall. Between the individual exercises, the respective focal points, challenges and tasks are supplemented and reflected in and with theoretical background as well as experiences from practice.

The aim is to make the unconscious conscious and to discover one's own effect in a playful way in order to open up the solution space for change.



Organisational

The seminar contents include:

- Leadership styles
- personality profile analysis
- driver test
- neurobiological aspects.



Trainer



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Languages

German (native speaker) | Englisch