

Finding Resilience



An Equine-Facilitated Workshop to Strengthen Work Teams

The past year has presented new and unexpected challenges, and many of us have faced difficult stresses, uncertainties, and fears. *How can one cope with all this?* **Resilience** is not only the ability to adapt well in the face of adversity, trauma or stress, but can also lead to profound personal growth.

In this one-day workshop specially created for work teams, we will explore three key factors of resilience. Theory will be put into practice in exercises with the horses. This is an experiential, embodied way of learning that can create lasting change in the participant and can transform the ability of your team to adapt to our ever-changing world.

No horse experience required! All activities take place on the ground.

In compliance with Covid protocols, all activities will take place out-doors and socially distanced. Masks will be worn when appropriate.

Group of four - \$595. Custom sessions for smaller groups, individuals and families available.

Why Horses?

Horses have an incredible sensitivity to the energy around them. They are always present and aware, not only of themselves, but of others. It's the ultimate relationship skill, this ability to pay attention to both oneself and another being at the same time. Horses are therefore very effective in detecting and mirroring the physiological and emotional state of humans, allowing the client to see themselves through the eyes of the horse.



Barb Ganske, Eponaquest® Instructor, is an avid horseperson, musician, gardener, business person and life-long learner. Her horses are a continual source of learning and self-awareness for her. Barb created Reclaim Connection Ltd to offer people the opportunity to connect with and learn from these amazing horses.

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