

# Corporate Workshops

*An opportunity for high performing teams and progressive leaders to learn from horses.*



**CARLISLE ACADEMY**  
INTEGRATIVE EQUINE  
THERAPY & SPORTS



## 1 Day Team Experience

**Mondays & Fridays, scheduled as needed.  
at Carlisle Academy, 65 Drown Lane, Lyman, Maine**

### The Team Experience

*Get out of the office and get your boots dusty!* Find out why companies around the world are discovering the personal and professional benefits of interacting with horses in a guided "learn by doing" format.

### Why Horses?

Horses are masters in the areas of communication and leadership - both essential aspects of high performance. They provide immediate, non-judgmental, honest feedback to individuals and groups. They provide a unique opportunity to learn outside of the typical classroom environment.

### What to Expect

Everything we do is directly applicable to the workplace. We explore:

- Building trust between team members
- Gaining self-awareness and awareness of our influence on others
- Breaking down communication barriers and increasing collaboration
- Recognizing the unique strengths each individual contributes to the team effort

*"Learning is the process whereby knowledge is created through the transformation of experience." David Kolb*

**Carlisle Academy is a New England premier integrative riding school with a 20 year history and an array of accredited equine therapy and sport programs.**



*Diana Gallant is a consultant with over 20 years' experience analyzing workplace performance issues and developing solutions aligned with strategic business goals. She holds a MA in Educational Technology, specializing in instructional design and adult learning. She is a certified facilitator of equine experiential education programs designed specifically for team and leader development in the workplace.*

*3-day workshop series also available upon request.*

*For more information, contact Diana Gallant at 207.323.5431 or [diana@livelyheels.com](mailto:diana@livelyheels.com)*