

# LEADERSHIP WORKSHOPS



**CARLISLE ACADEMY**  
at Spring Creek Farm  
**RETREAT CENTER**



Employee engagement opportunities to develop high-performing teams and healthy work cultures.



Carlisle Academy offers Leadership Development Retreats designed for corporate and non-profit leadership teams. All retreats are led by certified professional facilitators who specialize in equine-guided leadership and organizational development. Pre-program consultation and post-program summary reports are included.

## HOW IT WORKS

Activities are prepared in advance based on the training needs of your team. Interactions between the participants and horses are designed to simulate the types of interpersonal situations found at your workplace. The goal of each activity is to work as a team to guide horses through a challenging predicament.

As the participants interact with the horses (and each other), challenges and solutions emerge which are discussed in facilitated debrief sessions.

With each successive activity, team members naturally organize themselves around their collective strengths. They will be amazed as they achieve levels of success not attainable by individuals acting alone.

All workshops begin with an overview of safety, the basics of horse communication, equipment use, and an introduction to the sequence and structure of activities. Activities are approximately 30 minutes long followed by a debrief session. A typical one-day workshop includes 2-3 activities with rest breaks and a bag lunch.

## HALF DAY WORKSHOP

Timeframe: 9am-1pm or 12-4pm

Cost: \$2500 per agency for up to 10 people

Includes a Panera boxed lunch.

Retreat packages can be customized for smaller or larger groups and for shorter or longer durations.

## NO HORSE EXPERIENCE REQUIRED

All workshops focus on the human/horse interaction and not on acquiring or practicing horsemanship skills. There is no horseback riding in the workshops. All activities are conducted on the ground.

Please contact us at **207-985-0374** or **info@carlisleacademymaine.com** and let *our team* customize a retreat experience for *your team*.

[www.carlisleacademymaine.com](http://www.carlisleacademymaine.com)

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## WHAT TO EXPECT

Unique learning partners and a differentiated environment which will help your group to:

- Break down communication barriers
- Improve collaboration, trust and team cohesion
- Foster creative problem solving and adaptability
- Enhance the critical soft skills so important in the workplace

## WHY HORSES?

Horses are masters of communication and leadership - essential qualities of great teams.

Interaction between horses and humans simulates workplace dynamics, providing a unique opportunity to develop essential soft skills beyond traditional practical training.