

Equine RETTREATS



Horses offer unique opportunities for human learning and development. Their intuitive nature and non judgmental presence make them effective partners for personal and professional development.

Our corporate retreats have the ability to tailor the experience to your specific goals. Whether you're focused on improving communication, enhancing leadership skills, or fostering a more cohesive team culture, our retreats are fully customizable to meet your unique needs.

What is EAL (Equine Assisted Learning) ?

South Community offers EAGALA Model sessions designed specifically for the needs of corporate groups. These non-riding sessions can quickly reach the core goals of the corporation by providing equine activities in a fun and relaxed atmosphere. These activities are designed to facilitate team building, develop leadership skills, and give insight into communication styles.

These activities are intentionally designed with the horses to assist groups and individuals to develop and use important relationship skills.

Goals & Outcomes:

- Stronger leadership and improved teamwork
- Improved communication in the work environment
- Increased trust and commitment
- Improved problem solving
- Conflict resolution
- Improved morale

What is EAL (Equine Assisted Learning) ?

The EAGALA Model is the global standard for equine-assisted psychotherapy and personal development, which incorporates horses' unique intuition to help people heal, discover, learn and grow from the horse-human relationship.

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Leadership Retreat

Our interactive experiential leadership and team development programs are designed to strengthen the social and emotional intelligence needed for leaders and team members to be more effective, self-aware, and accountable.

Our experiential programs use the unique abilities of horses and their natural herd dynamics to take leaders and teams to the next level.

Program facilitates:

- Greater awareness of subtle cues in yourself and others
- Improved ability to influence and impact others
- Building relationships through trust
- Leadership agility and trust.

Outcomes:

- Maximize positive impact and influence
- Cultivate a strong, inspiring presence
- Enhance relational skills
- Build confidence
- Promote trust and commitment
- Boost creativity
- Develop effective communication and listening skills

Team Building Retreat

Team building events are more than just fun sessions to improve group dynamics and improve morale. They can deliver instant results that promote lasting change. Our unique approach allow management and employees to connect on a deeper level.

Workshops help you and your colleagues optimize your gifts and talents, and learn new tools for working together to be the strongest, most productive team possible.

Goals & Outcomes:

- Improve Communication
- Improve Morale
- Build Character
- Build Trust
- Enhance Collaboration

Meet THE TEAM



SUNDAY

Sunday is an American Quarter Horse. At 26 years of age, she is a strong, gentle presence in our equine therapy program. She is a retired show jumper, belonging to a young woman of the same age. We're delighted to include her in our lineup of equine therapists.



MONICA



KEVIN ROMEO

Kevin Romeo is a miniature horse cross. We're not certain of his age, but we are inclined to say he'll be "forever young." Spunky and adorable, he never ceases to entertain all in his presence.



SOPHIA DANDY

Sophia Dandy is mother to Kevin Romeo. She is a registered miniature horse. "She's a dandy," is a beautiful strawberry roan mare in her early 20's. She is adorable. Her quiet strength is obvious and transfers to her behavior with people.

Meet THE TEAM



Cindy Sherman *Certified Mental Health Therapist*

Cindy has had the opportunity to work in the Mental Health Field for over 30 years primarily at South Community. Thirteen years ago, South Community asked if she wanted to become a Certified Equine Mental Health Specialist. She immediately jumped at the opportunity due to her love of all animals and became certified through the EAGALA (Equine Assisted Growth and Learning) Organization.

This is an international evidence based model bringing the horse/human relationship together to find solutions to issues. She was immediately sold on how this out of the office service model impacts individuals on their journey to recovery. This non-riding style of mental health service is a powerful therapy model bringing insight and change through fun and challenging activities with the horse and can easily be transferred to impacting entire systems.

Gretta *Owner, Elliot Stables*

Cindy has had the opportunity to work in the Mental Health Field for over 30 years primarily at South Community. Thirteen years ago, South Community asked if she wanted to become a Certified Equine Mental Health Specialist. She immediately jumped at the opportunity due to her love of all animals and became certified through the EAGALA (Equine Assisted Growth and Learning) Organization.

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Structure

Each retreat is designed to meet the specific needs of your team. Prior to the retreat, we would meet with the coordinator of the company to explore wants and needs.

Mini Retreat (2 hours):

- Opening/Greeting Establishing goals
- 1 specifically designed EAGALA Session
- Process time and questions
- Closure

Half Day Retreat (4 hours):

- Opening/Greeting and Establishing goals
- 1 Specifically Designed EAGALA session
- Process time
- Break
- Specifically Designed EAGALA Session
- Process
- Closure

Cost & Location

- \$200.00 an hour for the first 4 people
- \$50 for each additional person with a maximum of 10 for the retreat

Location: Elliot Stables, Germantown OH

How to Book

If you are interested in more information or scheduling a team building session for your group please contact Cindy Sherman at 937-991-4617 or csherman@southcommunity.com