Team EQuest in Maine & Montana
Equine-Guided Leadership Development

Why Horses?
In an increasingly virtual world, it is vital to build relationships and ways of communicating that can withstand the pressures of distance, ambiguity and stress. Horses are masters of communication. They have a deep desire for relationship and respond to meaningful acts of leadership, providing non-negotiable feedback on the congruency of our energy and actions. Through EQuest, people and horses become partners as they move through a series of facilitated interactions. No horse experience is necessary.

Length & Location: 48-hour immersive experience supported by 6 months of individual & team coaching. Team EQuest is offered in Maine & Montana. We are working closely with our equine, lodging and food partners to ensure a COVID-19 compliant environment.

Who should attend: Leaders who want to equip themselves and their team with the toolkit for building robust relationships and ways of working in a remote environment

Outcomes:
Increased capacity with leadership and management tools, skills & mindsets:

Situational Awareness	**Learning & Change Agility**
Clear Communications	**Feedback**
Prioritization	**Conflict Management**
Influence	**Resiliency**

Program Elements:

- Equine-Guided Development with a natural herd of horses
- SeaChange Toolkit supported by an online course
- 1:1 Executive & Team Coaching to integrate learning into the workplace
- GraphicWork: whole-brain reflections based on current neuroscience research
- MIndfulness: opportunities to learn & practice a variety of mindfulness techniques

Agenda:

Pre-Work	Day 1	Day 2	Day 3	Momentum Coaching (6-12 mos.)
Design Consultation with Senior Leader	Orientation Overview Introductions Leadership Lifelines	Equine-Guided Development	Equine-Guided Development	(3) 1:1 Coaching Sessions
		Lunch	Lunch	(3) Team Coaching Sessions
Pre-reading assignment		Team Compass DAC Model SBI Feedback 3D Visioning	Double-Loop Feedback Leadership Commitments	(3) Senior Leader Consultations

Online course: SeaChange Toolkit |

For more information: https://www.seachange-resources.com/equest