

Equicoaching

For the benefit of the company



You want to **strengthen your leadership,**
team cohesion or management skills...

You are ready to live a **strong experience**
outside your daily life to improve your intra
and interpersonal communication...

You want **concrete and practical tools**
for integrating behavioral and emotional skills
into your professional (or other) environment.

Who are we ? Our philosophy



Claire Buart

Specialised in neuroscience, NLP Master Practitioner, Ericksonian Hypnosis Practitioner, show-jumper for over 30 years.



Antoine Cloux

Pioneer of natural horsemanship in Europe for more than 30 years, specialised in equine behaviour, starting and re-educating horses, teacher and competitor.

The only European to have competed in the «Road to the Horse» world colt-starting championship.

European working cow horse champion.



Maud Burnier

Rider and trainer in several equestrian disciplines, specialised in communication between people and horses.

Co-manager of Salinas Farm.

Because of a **tailor-made approach**, during **groundwork exercises**, you will develop your **emotional intelligence** through practical situations and experimentations, **using horses as mediators**.

We work with you individually or in a group, in an environment dedicated to horses.

Through **the pre-session briefing**, **the debriefing** during the session and **the feedback** afterwards, you will be able to draw **parallels** between the exercises you do with the horse and the different situations encountered in your daily life.

There is the possibility of attending a horseback demonstration by Antoine Cloux or Maud Burnier to illustrate the tools covered during the seminar.

What is equicoaching ?

Equicoaching is a **horse-assisted approach** to coaching that can be used to meet a wide range of personal and professional challenges and objectives. Through exercises on foot, in a safe environment, with a team of experts, the individual or group can get resources to work and **experience new ways of being** that can be transferred to its personal or professional life.

Horses help to become more aware and to adopt new behaviours that can be seen quickly and lastingly.

No equestrian knowledge is required.



Why use equicoaching for your company ?



The horse is a sensitive animal, pure and true at all times. It doesn't project himself into the future, it doesn't cheat and will react immediately to our actions, for the better or for the worse. Working with horses helps to **re-balance reason and emotion**, the driving forces behind our behaviour and the **keys to self-fulfilment**.

When you want to obtain something from a horse, you must first and foremost take into account the way it functions and its needs, but above all **its motivation and desire**. It's up to you to find your own solutions and take **the most appropriate route**.

Equicoaching is an experience-based teaching approach which helps to develop the skills you need in order to meet the challenges you face within your company.

The horse

&

The company

The horse is an expert in non-verbal communication and a sensory expert who gives us immediate feedback on our behavior. His response is always accurate and without judgment.

Leadership,
Management,
Softskills

The horse, a mirror that highlights our strengths and weaknesses.

Team spirit,
Empathy,
Emotion management

The horse, a prey that survived the centuries and a natural coach of emotional intelligence, spontaneously seeks out a leader and an effective partner.

Clear communication,
Valorisation,
Knowing how to reward,
Generating positivity,
Motivation and responsibility

The horse cooperates and adheres to our requests if it considers us trustworthy and if we communicate a clear objective. It encourages winning behavior.

Decide, delegate, negotiate,
Plan,
Be assertive

The horse needs to be reassured and motivated to learn to manage its emotions in order to avoid fleeing or defensive behaviour.

Active listening,
Building confidence,
Managing conflicts,
Developing softskills

In practice

Two-days, full-day or half-day sessions on **leadership, motivation, management, soft skills and team building**.

Possibility of including a workshop on **neuroscience, stress management** and the power of beliefs as part of our seminars.

Tailor-made programming to meet your company's needs as closely as possible.

Maximum number of participants per group: 15

Facilities: a beautiful and secluded property, 20 hectares farm on a hill overlooking Geneva, 30x60 meters indoor riding arena and a club house for debriefings and/or meals (brunch, aperitif, fire-grill, catering, as you choose).



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They trust us



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