

# • ELVERFELDT COACHING •

## Bring your horsepower on the road completely as a leader

- Are you a **credible and sovereign executive**?
- **Is your communication convincing and confident**, even without organizational might at hand?
- Do you wish to live out and **boost** your leading potential effectively and **efficiently**?

There is no style sheet for being a good executive.

Leadership is legitimatised by credibility and authenticity, both building confidence.

**Factors of success** of accredited and legitimated executives are:

- They live out their full potential and act confidently in a balanced way
- They have natural charisma and they are trustworthy
- They communicate clearly and convincingly, and they can lead different people to success by means of their high social competence.

Exclusive offer for you: you will get **clear, independent** feedback on your leadership behaviour by two renowned coaches and a horse. You will learn about specific behavioural optimisations to help you become the **best leader that you can be**. Experience with horses is not mandatory. Riding is not part of the coaching.

**Benefit from innovative coaching methods and the leading personalities of distinguished commanders.**

### Why horses?

- Horses are able to mirror clearly and without prejudice. They react to body language instinctively, as they live in hierarchic structures just like executives do.
- They give direct feedback about credibility, confidence, fixity of purpose, mental strength and competence in leadership.
- They only subordinate to natural authority and sovereignty.
- To identify and master the principles of leadership with horses will help you when you are interacting with other people or cultures.

*For further information: Gerhard Konir: "Pferdegestütztes Coaching", 2012; Myrthe Nieman: "Evaluation der Nachhaltigkeit pferdegestützter Führungs- und Teamtrainings am Beispiel des Seminarkonzepts "Horse-Guided-Education"", München 2005; Doreen Beier: "Überholen mit 1 PS: Was Pferde von Managern lernen", Lengerich 2011*

### Schedule

1. Half a day, weekends possible:

- Detailed preliminary talk, clarification of objectives and expectations (included)
- Practical example at the riding hall: the coach demonstrates leading and leadership principles with a horse (without rope or halter)
- Exercise: the customer trains styles and principles of leadership with a horse
- Analysis with video feedback, concrete approaches of optimisation and transfer

2. This is followed by three coaching discussions (2 hours each, approximately once every 4 weeks) to achieve successful integration and consolidation of the transfer.

You will learn lessons in a compressed and compact way and on a **rational, emotional, physical and subliminal level**, so that a lasting transfer into your daily routine is achieved.

### Your Coaches:

**Felicitas Freiin von Elverfeldt:** coaches on top-executive levels of major corporations as Academically Trained Psychologist since 1995: [www.elverfeldt-coaching.com](http://www.elverfeldt-coaching.com)

**Katharina Prechtel:** HP psychotherapy, riding therapist, riding supervisor since 25 years

**Appollo:** 7-year-old Moritzburgerwallach

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**Location:** For example [www.gut-ising.de](http://www.gut-ising.de) at the Chiemsee or close to your location by appointment.

Overall cost for this exclusive & tailor-made offer: € 8.900 plus VAT