


EMOTIONAL INTELLIGENCE

***Science of Emotional Intelligence & Character
Lessons about Leadership***

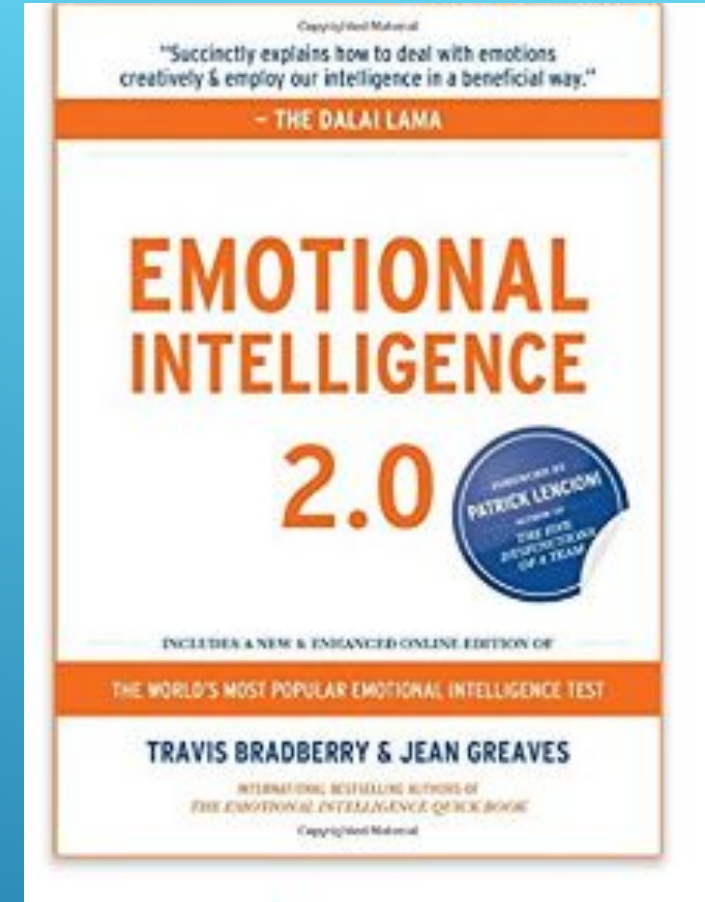
***Professional Executive Coaching LLC
Cindy Warner President***

LEADERSHIP CHALLENGES

1. Situational Awareness
 2. Intuition/Energy
 3. Connection/Engagement
- 
- A series of several thin, parallel white lines of varying lengths and slopes, located in the bottom right corner of the slide, creating a modern, abstract graphic element.

EMOTIONAL INTELLIGENCE 2.0

1. Self Awareness	3. Other Awareness
2. Self Management	4. Other Management



Question: *Awareness and Management of What?*

CHARACTER & LEADERSHIP

- Integrity
 - Responsibility
 - Forgiveness
 - Compassion
-
- ▶ Honoring these leads to a higher standard of behavior and a safer, more secure world
 - ▶ “Virtuosos” lead more successful companies
 - ▶ Very self-aware
 - ▶ Integrate mind and heart



OUR 3 BRAINS



LEADERSHIP

1. Situational Awareness
2. Intuition/Energy
3. Connection/Engagement

Significantly increased when using all three brains! Resulting in:

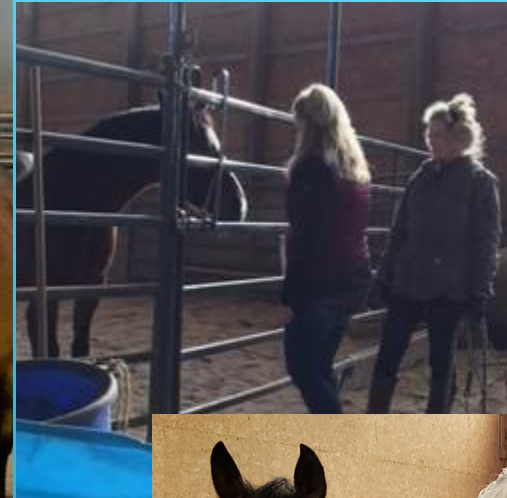
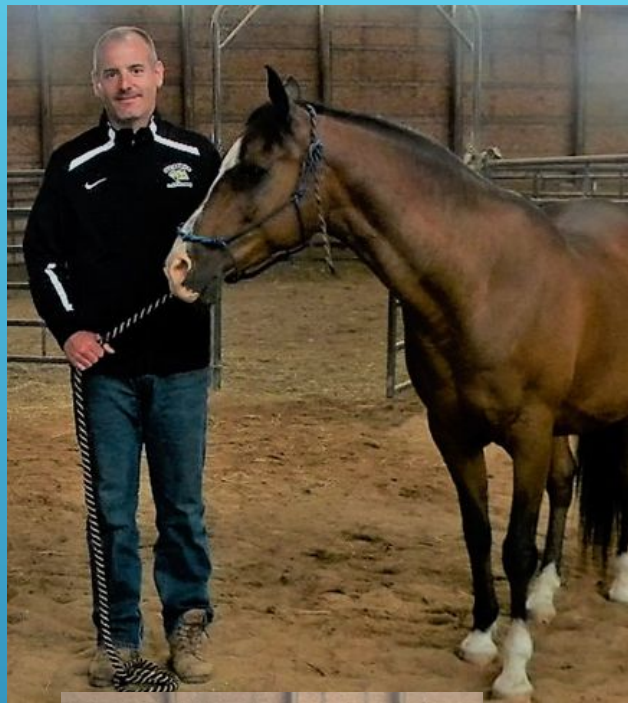
- ▶ Increased presence and confidence-improved engagement
- ▶ Compassion and power-especially in difficult conversations: conflict management, feedback, coaching
- ▶ Better decision making

****Acceptance of feedback and coaching***



HORSES

- **Prey animals:** *respond instantly* to all 3 brains
- **Naturally** coherent-
large hearts and guts
- **Independent** -“from the
horses mouth”
- **No judgement or
language**



*Horses help resonate—
“tune us back” to
more coherence*

“the horses’ coherent state is influencing the humans, more than the other way around.
Research shows horses impose their very low frequency rhythms on the human.”





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LEADERSHIP & TEAM BUILDING EVENTS

An unforgettable experience with lasting results

Interested in unforgettable team building that works?

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Team Building Events & Leadership Training


Engage, Energize & Empower!

- Could your team benefit from improved communication, collaboration and cooperation?
- Are you looking for a way to build better leaders, better teams and improve results?
- Have you been challenged to plan a unique and unforgettable offsite for your group or team?

From small business to large corporations, intimate groups to large teams, Dreamwinds can custom design a session that meets all your needs with a fun, engaging and interactive team event!

Let our horses lead the way. Dreamwinds Equine Assisted Learning Programs are unforgettable and they really work!

Breakthroughs happen here...





THE ACADEMY for Coaching with Horses

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Leadership with Horses

Share the wonder of Horse...




Business owners along with managers and executives in corporate settings who wish to experience accelerated learning in areas of team building, leadership and relationship development seek out the Equine Assisted learning programs at Coaching with Horses programs.

Coaching with Horses Equine Facilitated Learning programs provide a dynamic

"Kathy, it was such a delight having you join us last week and lead us through the experience with horses. Definitely exceeded my expectations."

- Cindy Bates, Vice President U.S. SMB and Distribution, Microsoft



Achieve Goals

LEAD professional workshops & services provided by LeadershipEAD, LLC.

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L-E-A-D

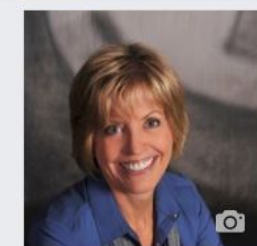


L-E-A-D, a service provided by LeadershipEAD, LLC, is a unique experience utilizing horses in an unconventional approach to leadership, teambuilding, and personal and professional development to "Unharness the Leader Inside".


[Learn More - Watch L-E-A-D Video](#)

IN THIS SECTION

- Overview
- Why Horses?
- Frequently Asked Questions
- L-E-A-D Workshops
- L-E-A-D Video Brochure



Cindy Warner
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Teambuilding
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- Gain greater awareness of your communication strengths and gaps.
- Discover how your nonverbal messages influence the way others perceive you as a leader.
- Align your intent with body language that supports - rather than sabotages - your message.

Leadership with Horses

Benefits of our program

- Development with Horses
- Leadership with Horses
- Team Building with Horses
- Personal Development with Horses

ACTIONS

HOME / REFLECTIONS

EQUINE ASSISTED LEARNING FOR LEADERSHIP AND TEAM BUILDING? YES!!!


18 OCT Equine Assisted Learning for Leadership and Team Building? Yes!!!

Written by Kelly Jones

Categorised Reflections

Corporate Leadership and Team Building

Being an effective leader in the corporate world today requires a unique set of skills, very different from those of former generations. Employees are looking for more meaning, purpose, skills and growth in their everyday work life. No longer beholden to long term contracts with their employer, they will seek out new opportunities if necessary. In this environment, business leaders must find new ways of working with and reaching their teams.



RECENT POSTS

- Mindfulness - Suffering - Grief and Beyond
- My Introduction to Mindfulness - Darkness and Light
- My Introduction to Mindfulness - Kicking and Screaming!
- Equine Assisted Learning for Leadership and Team Building? Yes!!!

KEY POINTS TO REMEMBER

- Your three brains together equip you to achieve your potential
- Practice asking!
- Not intellectual, not language
- It is revealed, experiential, and ***transformational!***


UnBridle Your Potential!



...and:

It's **FUN!!!!!!**



A black and white portrait of Maya Angelou, an elderly woman with short, curly grey hair, wearing a dark, ribbed top, a pearl necklace, and a teardrop earring. She is looking directly at the camera with a gentle expression.

PEOPLE WILL FORGET
WHAT YOU SAID.
PEOPLE WILL FORGET
WHAT YOU DID.
BUT PEOPLE WILL
NEVER FORGET HOW
YOU MADE THEM FEEL.

Maya Angelou

QUESTIONS

“Show me your horse and I will tell you what you are.”

– *English Proverb*



REFERENCES

Fred Kiel [Return on Character-The Real Reason Leaders and Their Companies Win](#)

Heartmath Institute

Since 1991, the HeartMath Institute has researched and developed reliable, scientifically based tools to help people bridge the connection between their hearts and minds, and deepen their connection with the hearts of others.

Linda Kohanov Best known in the field called "equine facilitated psychotherapy", and as the author of several books including [The Tao of Equus: A Woman's Journey of Healing and Transformation through the Way of the Horse](#), [Riding between the Worlds: Expanding Our Potential through the Way of the Horse](#) and [Way of the Horse: Equine Archetypes for Self Discovery](#), [The Power of the Herd](#), [The Five Roles of the Master Leader](#).

Center for Creative Leadership

Horses & Humans Research Foundation

Research by Ann Alden: Effects of a Form of Equine Facilitated Learning on Heart Rate Variability, Immune Function, and Self Esteem in Older Adults

References

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- Research by Ann Alden: Effects of a Form of Equine Facilitated Learning on Heart Rate Variability, Immune Function, and Self Esteem in Older Adults