

Horsepower for Team Leadership by



GallopNYC's workshops combine working with Horses with traditional elements of team training, using the discipline of Equine Experiential Education (E3A) to guide goal setting, exercises, debriefing and actionable outcomes. The Horsepower for Team Leadership program includes needs analysis interviews, before and after surveys, an onsite workshop with our horses and trainers, a comprehensive report, and follow up check-ins. Our program adds the unique element of working with horses to create a memorable and effective team experience. In the sessions, the horses actively participate, representing a work challenge such as a project, a process, or a team dynamic.

The GallopNYC program guides teams to build on individual member's strengths while improving communication and leadership. Preparation includes the CliftonStrengths® assessment to help identify your team members's strengths. After participating in our workshops, our clients report significant improvements in employee morale, communication, and performance.



“One of the most experiential and beautiful visits I've ever been a part of. It pushed all of us outside our comfort zones and helped us explore the essence of leadership.”

The workshop consists of simple yet structured activities followed by a guided debriefing.

No prior horse knowledge is needed.



Based on your team's objectives, we develop a customized program in which your team is matched with our horses under the guidance of our Program Leaders. Over the course of the workshop, the exercises facilitate insights and allow team members to find success. Exercises simulate organizational and interpersonal challenges that are typical in the workplace, and bring out the strengths of each team member. Program Leaders build on team members' observations by making clear the parallels between the challenge with a horse to challenges at the office.

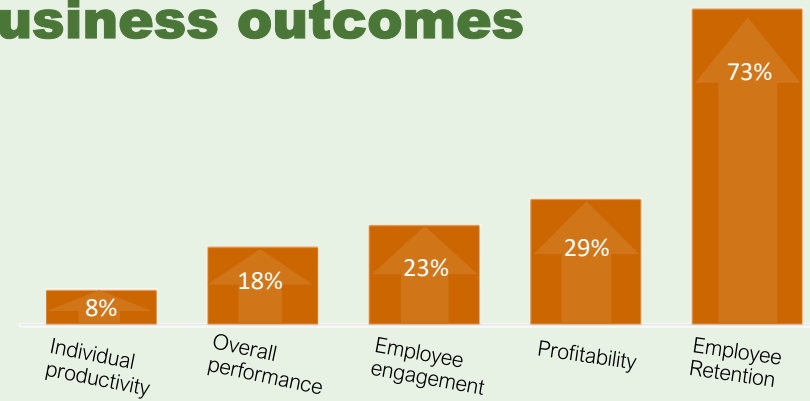
*“It's learning how to train and **condition yourself to calm down** in stressful, emotional situations. What works with a horse works with all living things.”*

- Nate McMillan, Indiana Pacers Head Coach

Strength based work culture improves business outcomes

The GallopNYC program is specifically designed in conjunction with the world-renowned CliftonStrengths® assessment to guide teams to identify and build on individual member's strengths while improving communication and leadership.

As shown to the right, organizations that foster a strength based culture see productivity gains. Gallup Inc. analysts conducted a study of 11,441 teams in 6 organizations where at least 30% of employees had completed the CliftonStrengths assessment. They found that "team members' awareness of their own strengths - and each other's - was more strongly related to higher engagement and performance than was the specific composition of strengths on the team."



Research results reported by Gallup, Inc. 2018

Horsepower for Corporate Teams

Horses challenge our leadership and communication skills clearly and effectively. Working with horses asks us to shed the reflexive behaviors we fall back on at work. Horses respond to our non-verbal communications and inner anxieties and emotions, and their response allows us to address these hidden communications effectively.

"I was skeptical, but as we began, I could immediately see the parallels to challenges we face at our office."

- Stratusys Executive

At the end of the session, the team is guided to apply lessons learned in the exercises to real life challenges and to find practical ways to improve team productivity. Our Leaders help participants identify replicable lessons learned, highlighting insights for changes in behavior and more effective outcomes. We provide clear take-aways and actionable suggestions, distilled from your team's own insights to create a learning experience that extends far beyond your team event. Contact Alicia Kershaw at alicia@gallopnyc.org or 917.602.1873 to discuss a workshop.

