

Discover U 2.0

presents

EQUINE GUIDED LEARNING



Monday, Aug. 24, 2015

or

Thursday, Aug. 27, 2015

1 to 4 p.m. both days

NDSU Equine Center

Martha Olson, instructor

Register early!

Participation is limited to 12 for each session.

Why Horses?

You can learn a lot about being human from a horse!

Equine Guided Education (EGE), an approach for personal growth and professional development by bringing horses and humans together, has been gaining momentum in recent years, world-wide. Its value lies within the scope of experiential learning, environmental learning, and social intelligence, to name just three.

But there's more ...

- ✓ Both horses and humans have their herds, they can relate.
- ✓ Horses rely on their senses – humans do as well – when not relying so much on verbal communication.
- ✓ Horses are curious, intuitive and responsive to humans.
- ✓ Horses often mirror what they sense in humans – providing an opportunity for humans to self-examine.
- ✓ Horses respond to authenticity.
- ✓ Horses don't judge, they just are.
- ✓ Horses, by virtue of their size and power, command respect, humans can't help but pay attention.

Here's a bonus. This experience, bringing horses and humans together, is successful because of its defining feature of self-discovery.

The focus for the Staff Senate experience with HorseSong Coaching will be teambuilding. You can come away with something you can use in any team or group setting, at work or in your personal life.



Agenda

- 12:30 p.m. Meet outside of Memorial Union, west entrance
- 12:45 p.m. Depart for Equine Center
- 1-4 p.m. Session
- 4 p.m. Brought back to west side of Memorial Union

Testimonials from attendees

I absolutely loved participating in the Equine Guided Learning. Not only did I get to work with great people but also great horses. I admit that I was a bit terrified of being so close to the horses, having never been around one before. The instructors and my peer group were all very supportive in helping me overcome my fears and finding ways to encourage me to work with the horses in ways I might not have originally felt comfortable doing. The overall experience was great for me as an individual but also on a group level. I was really impressed at the constant symbolism that was apparent with our interactions with each other and with the horses. I felt instantly bonded to the people I was working with and also my new favorite horse, Dottie.

– Amanda Booher, Libraries Event and Promotional Coordinator

I found the Equine Guided Learning session a very effective workshop. People and horses are social, judgmental, and must earn your trust but do not like to be controlled (haltered or fenced in). With different personalities we develop different relationships even with a horse. The non-verbal exercise we did as a team taught us how to lead, follow and stay together as a team and not lose anyone during the project/exercise. We also learned how important effective communication is and that we must have a common goal to achieve it by trusting and working closely together.

– Linda McCaw, Conference Coordinator and Ag Consortium Videoconference Master Scheduler/Agriculture Communication Department

As a member of Staff Senate, I was guarded in regards to the authorization of funds for the Equine Guided Learning experience. I will be the first to say that this was money well spent. The learning experience was full of life lessons that were in turn applied to my work life. The facilitators were terrific in helping guide the learning process. The experience could be a great team building project for departments and offers opportunity for each person to take the experience as deep as they want. I came away very excited about what I had learned about myself and how I can apply it to my job. We can learn a lot from a horse!

– Diane Harrison, Bison Card Associate

I know I had a blast working with the horses at the training. The handlers were all wonderful and the horses were a joy to be around. "A bad day with a horse is better than a good day at the office."

– Wendy Gibson, Inter-Library Loan

\$20 per attendee

Registration deadline: Aug. 21

Registration confirmed upon receipt of payment

Register at: www.ndsu.edu/staff_senate

Payment options: credit card, electronic check, IDB, and personal check

Please send IDBs and personal checks to:

Tina Exner
Chemistry and Biochemistry
334 QBB

231-7678 mornings
231-8291 afternoons



Deadline for refunds is Aug. 21.

To request a refund, contact Tina Exner before deadline. No refunds will be given out day of the event.

Individuals with disabilities are invited to request reasonable accommodations to participate in NDSU-sponsored programs and events. To request accommodations, please contact Erika Berg at (701) 231-9611 by Aug. 21, to make arrangements.