

Leadership skills from the horse's mouth

The Equine Leadership Programme, which teaches humans to lead through the principles espoused by horses, is now available in SA.

The programme is designed to enhance team functioning, communication effectiveness, to create an understanding for energy management and diversity, improve self awareness, confidence and assertiveness.

"Horses are amazingly wise, clever and proud animals. They, by nature, live the values organisations often try, with great difficulty, to instill in the hearts and minds of their employees. Horses don't lie and you cannot lie to them. Status does not impress them but they will reward any person that treats them with respect. Leadership is earned through demonstrating authenticity and truthfulness and not through positional power," says psychologist and a keen horse rider Yolanda Sing.

She realised that horses could empower new and experienced leaders with new insights on what their role entails and how their behaviour could shape the future of an organisation. Yolanda recently returned to South Africa after spending eight years on international contracts and settled in Maclear, but offers Equine Leadership Programmes countrywide.

The learning process is non-threatening. Even though the delegates do not actually ride the horses they will

get feedback directly 'from the horse's mouth'. The programme provides a natural opportunity to overcome fear and develop self confidence. Accomplishing a task involving a horse provides a wonderful metaphor when dealing with other intimidating situations in life. For more information, contact Yolanda on: 071 268 6377 or chloeinsa@gmail.com.

