

## From the Desk of the Human Resource and Business Specialist

### Lessons I learned from a Horse! The ultimate team building experience!



This month I had the privilege of participating in a workshop with a horse! **I learned some pretty powerful things about myself that directly relates to my work....how I communicate....and the impact this has on my team. Furthermore it was fun, engaging and a great way to work with my team outside the office!**

**Nancy Lowery the founder of The Natural Leader** invited a team of mine out to her ranch in Balzac. She encouraged us to explore a new way of learning – **using a horse as our teacher.** It was powerful. We didn't need any horse experience and we never got on the back of the horse but by leading a horse around a corral for the morning we **learned some very important things about ourselves and our team.** Some of these included the following:

- How our behaviour affects those around us;
- A clear understanding of how we present ourselves to others and what ramification this has in the workplace;
- Our strengths and challenges around communication styles; and
- How we handle stressful situations and the impact it has on others.

**How was this possible – horses are pretty smart – they give us consistent messages and require us to set healthy boundaries!**

This was an awesome experience and one that I would encourage you to consider for your team. We all know that in order to engage our people and work effectively together we need to learn about effective communication and the team dynamic. **There is no better way to learn some powerful lessons about yourself and your team than getting your employees out of the office and having some fun!** For more information give us a call!

**Salopek Consulting are Human Resource and Business Specialists available on an on-call basis to assist with your people issues. We are a team of specialists who have advanced HR and business designations and a combined experience level in excess of 60 years. Check out our website at [www.salopekconsulting.com](http://www.salopekconsulting.com)**

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