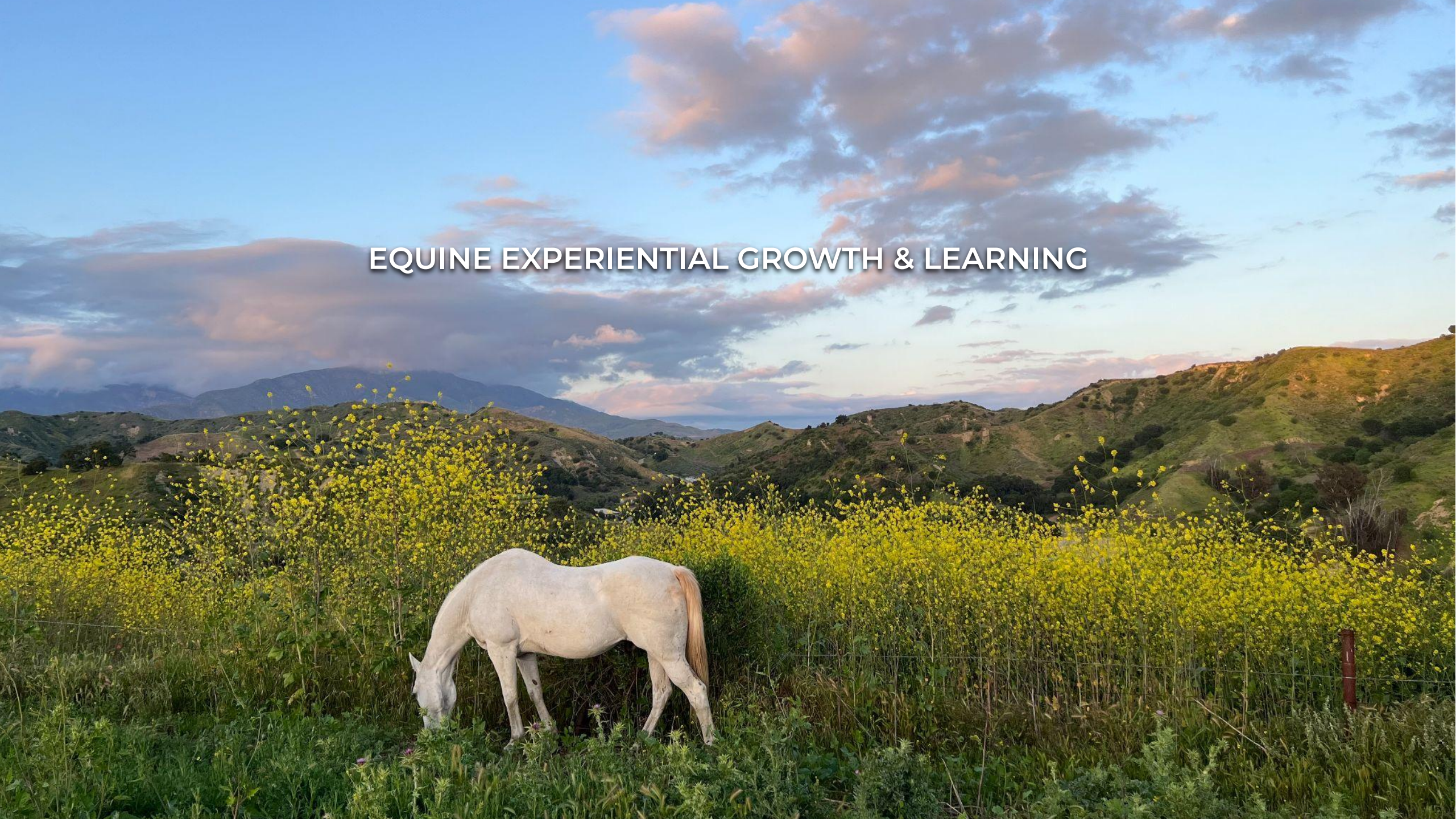


# EQUINE EXPERIENTIAL GROWTH & LEARNING





Since 1907, Willow Creek Ranch has partnered with a wide array of industries supporting major corporate and private companies offering single day and multi-day diversity training and team-building..

When clients engage at Willow Creek Ranch, they enter a dynamic landscape to learn and grow. WCR offers unique areas throughout to curate an array of equine activities. Teams not only connect with the horses in nature, they discover more within themselves and learn strong communication skills with the assists of equine interaction..



Originally built as a walnut and apricot farm in the early 1900's, Willow Creek Ranch is one of the most unique locations in the secluded canyons of Santa Paula, California.

We believe that a successful experience begins with a great location and dedicated professional facilitators. Surrounded in nature's beauty and wide open space, Equine Experiential Growth and Learning at Willow Creek sets the tone to build trust for personal growth, diversity training and team building.

# PREPARATION: PSYCHOLOGICAL SAFETY PROGRAM



## 1. Improve inclusion safety, contributor safety

When we show up, can we be ourselves and feel valued for contributing? How can we respond and react in a way for others to feel safe? How can we reduce the risk and fear of trying? Can we reduce the social friction when we increase the intellectual friction?

## 2. Proactive communication/dialogue

Assumptions and isolated decisions or actions get in the way. Understanding the benefits of collective knowledge vs individual power.

## 3. Choose Collaboration

Showing up and contributing as a team strengthens psychological safety, while reducing underlying competitiveness within the team.

# LEAD FACILITATOR

## **Samantha Balcezak, EAL & LC**

Raised on a ranch in Arizona, Samantha grew up around horses her entire life. While working towards her degree in nutrition with a focus on infants, Sam discovered the ability to thrive had nothing to do with food but nurture. Her journey of raising ten children led to combining her love for horses and passion for therapy as imperative support for her family. As a pioneer, Sam connected with the founders of EAGALA where she joined the inaugural class certified in 1999. Sam is certified with the Certified Horse Association (CHA), Professional Association of Therapeutic Horsemanship (PATH) and certified Life Coach.

Currently serving as Executive Program Director for Reins of Hope (ROH), she has been instrumental distinguishing ROH through the EAGALA program.



*\*Our staff is fingerprinted and drug free.*

# HORSE TO HUMAN RELATIONSHIP

Equine-assisted growth and learning is a form of therapy that incorporates horses. It is an experiential treatment in which participants partner with horses to authentically connect through a basic set of tools and non-verbal communication techniques. Horses have a unique sensitivity to people's feelings and react to subtle changes in their environment. Engagement with horses has proven to help clients feel safe and seen through body language.

A licensed life coach / therapist and an equine specialist collaborate to supervise and lead these sessions.

## Benefits

- Promotes inclusion, diversity training and team building.
- Improves communication skills, including non-verbal.
- Increases problem-solving skills
- Reduces avoidance and isolation
- Increases trust and safety
- Increases self-esteem, self-acceptance, and social skills
- Improves impulse control



# DAY SCHEDULE

8:00a - 8:15a	<b>Intro</b>
8:15a - 8:45a	<b>First Impressions</b>
8:45a - 8:55a	<b>Safety Demo</b>
8:55a - 9:30a	<b>Worth or Worthy</b> // Grooming Activity and Debrief
9:30a - 10:30a	<b>Leadership in a Box</b> // Learner and Contributor Safety
10:30a - 10:45a	<b>Break</b>
10:45a - 11:15a	<b>Hands Off</b>
11:15a - 12:15p	<b>Lunch Provided</b>
12:15p - 12:45p	<b>Serve</b> // Set up course and get horse
12:45p - 1:00p	<b>Willy Wonka</b> // Round and Round we go
1:00p - 1:45p	<b>Align and Organize</b> // Navigating Challenges Together
1:45p - 2:30p	<b>Team Commitment and Action Steps</b>





**REACH OUT FOR MORE INFORMATION:**

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