
EQUUSATORI CENTER

Deepening the Power of
Healthcare Professionals with
Equine Assisted Experiential
Learning



This EquuSatori *Equine Assisted Learning* program is designed for healthcare professionals, nurses, and caregivers to empower leadership, communication, and effective action through the development of subtle awareness



In this program we integrate concepts introduced in *Caring Science*® and *HeartMath*™. Mindful equine interactions bridge and integrate leadership skills and deepen self-knowledge.

Scientifically proven *HeartMath* protocols practiced in this program help develop skills that build personal resilience at work and at home. *Caring Science* concepts integrated into this program foster understanding of how to be a more effective influence in creating a healing environment.

The *Theory U* model introduced in this program is an empowering process for problem solving and fostering creativity.

Applied in any setting, the combination of these processes and experiential learning with horses sets the stage for heartfelt connection, empowered action, harmonious outcomes, and expanded leadership skills.

This continuing nursing education activity was approved by the American Holistic Nurses Association (AHNA), an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Approved to award 10.25 contact hours Through April 11th, 2021. AHNA # 1398 Approval for contact hours through the American Holistic Nurses Association (AHNA) is based on an assessment of the educational merit of this program and does not constitute endorsement of the use of any specific modality in the care of clients.



WITH THE HELP OF HORSES

You will expand awareness and
explore multiple ways of
knowing



Horses provide an opportunity for all of us to acknowledge our interconnectedness and understand our direct influence on relationships. They help us find our own authentic leadership qualities and teach us to approach each moment with an open mind and heart – allowing creativity to flow.

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"If you listen with awareness, you will find that you hear in new ways and gain a new perspective." Lisa Walters

SOME OF THE QUESTIONS WE EXPLORE...

- What does *Heart-Centered* mean?
- What is the electromagnetic heart field?
- What do *Presence* and *Coherence* feel like inside oneself?
- What is the role of coherence and VLF's (very low frequencies in heart rate variability) for health and healing process?
- What is the impact that each of us has in the collective *energetic heart-field*?
- How does coherence within ourselves impact the healing environment?

IN THIS AWARENESS AND SKILL-BUILDING RETREAT, PARTICIPANTS EXPLORE THE FOLLOWING:

How to expand subtle-awareness, while learning to perceive electromagnetic heart fields and understand behavioral elements that build trust and connectedness. These processes enhance self-awareness and result in clearer, more effective communication, as they inform participants about their own, unique styles of perceiving the *field*.

How to employ processes that create and support personal *Presence*, which in turn expands *Awareness* within participants themselves. These experiential processes help individuals understand and personally discover how to generate and maintain a physiological state of *Coherence* (psycho-physiological equilibrium) - a state that has been scientifically proven to support a caring / healing environment.

Experience the power of *Intention* (heart-centered directives, as opposed to *will*), which sets the stage for personally responsible, empowered action.

How to develop personal resilience and create a greater sense of equilibrium, which helps mitigate stress.

Quotes from former participants:

"I realized the importance of putting your positive energy behind your intentions as a leader." Musetta

"I learned to lead from intention vs strong-arm will... and I gained tools to listen to my intuitive intelligence." Raymond

"This experience deepened my understanding of how much our energy influences what is going on around us. I was also impacted by the power of invitation vs demand - having clear communication and visioning from the heart." Linda