

A 2-Day Programme for Equine Specialists

In the Field of Equine Guided Learning & Psychotherapy

Price

£275 for 2 days

Dates

1st & 2nd April 2017

Location

Edenderry, Co Offaly

Enquiries

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This 2-Day event is designed to support and hold you in this powerful and demanding work. Solely for Equine Specialists practicing Equine Guided Learning and those in related fields, the programme is a way to finding a deeper connection into the work and your 'self'.

Objectives of the 2 Day Programme

- ✓ Develop new strategies for support and self care
- ✓ Opportunity to explore some of the issues faced by you as professionals and human-beings, in a confidential safe and contained space through both 1x1 and group work
- ✓ Connect more deeply to aspects of yourself that are less visible to the outside world and to the relationships that support and nurture you
- ✓ Have the opportunity for a 1x1 session with either Harriet or Laura, where you can explore either work or personal issues, with the horses as your guides
- ✓ Develop a mindfulness based approach, as an ongoing practice and way of connecting to self
- ✓ We offer a fascinating learning experience that draws on mindfulness, energy therapies, diverse spiritual/wisdom traditions, coaching and of course psychotherapy.



Why join this programme with Equilibrium and Human Through Horses?

- The programme will be led by Harriet Hanmer and Laira Gold, who are leaders in this emerging field in the UK. They bring a unique blend of skills and experience to create a truly quality training in equine guided learning.
- They have brought EGL to a diverse range of client groups including young people not in education or employment (NEETS), vulnerable individuals, and the corporate sector. Harriet has worked with more than a thousand EGL clients across the public, private and voluntary sectors. Her corporate clients include Nissan, Apple, Ebay, Paypal, Mitsui, Ashridge tailored learning clients, Royal Mail, GSK, Northern Arc plc, Tube Lines, Papworth Trust and Ogilvie, among many other individuals including working with Arab women in Dubai to develop their leadership skills.
- As Psychotherapists, they have worked with issues including post traumatic stress, depression, anxiety, anger, phobias, addiction, co-dependency, other relationship issues and panic attacks.
- Both Laira and Harriet have had diverse careers in business before becoming Equine Guided Psychotherapists. Full biographies can be found at <http://www.equilibrium-partners.co.uk/> and www.lairagold.com.
- They are both dedicated to natural horsemanship which means they are sensitive to and work with the horses' instincts, signals and needs. They have trained with the top natural horsemen including Monty Roberts, Franklin Levinson and the late James Roberts. Harriet has experience of Epona's approach to EAL (pioneered by Linda Kohanov) and is also influenced by Barbara Rector and Leigh Shambo.



Who is Harriet Hanmer?

Harriet is an executive coach and facilitator, with a Masters in Psychosynthesis Coaching/Psychotherapy. She is known for creating safe, holding contexts for clients, and for her sensitive, light touched approach to serious issues. She loves helping clients move more fully into their potential and life purpose. Her approach is intuitive, embodied in deep presence. She has presented at conferences including the industry training provider, EAGALA, and the University of Exeter Leadership Conference. She has trained with first and second

generation EGL practitioners including Barbara Rector, Linda Kohanov, Franklin Levinson and Leigh Shambo.

She completed her psychotherapy training with the Institute of Psychosynthesis in London and applies this mind-body-spirit approach to leadership, business and personal coaching. She has an MA in leadership and organisational development.

Her horsemanship experience includes a background in competitive riding, training in the methods of Monty Roberts and in Natural Horsemanship approaches to rehabilitate horses that have 'gone wrong'. She and her partner run a small retreat centre in the East Midlands (www.manor-farmhouse.com) where her herd of 5 horses is also located. For more on Harriet and her work in Equine Guided Learning, please visit www.equilibrium-partners.co.uk/



Who is Laira Gold?

With a background as an NLP Psychotherapist and a Monty Roberts Certified Instructor, Laira loves exploring the many subtle layers of communication the horse is capable of. She finds inspiration in the natural qualities of the horse and feels it is a privilege to witness clients find greater connection with themselves and others through this powerful work.

While studying Neuro-Linguistic Programming (NLP) at [BeeLeaf Training Institute](#), Laira discovered the work of internationally acclaimed horse trainer [Monty Roberts](#) and Equine Guided Psychotherapy (EGP). Exploring the connections between EGP, Monty's methods and Systemic NLP was the catalyst that led to her traveling to the USA to study Monty's methods in depth. Through working with many different horse personalities, Laira continues to explore the many subtle layers of communication and consciousness that these awesome creatures are capable of.



A respected professional, Laira is passionate about facilitating people to recognise and build on their own excellence. Known for her clarity and warmth, Laira has facilitated Equine Guided Learning Programmes with a range of client groups including vulnerable adults and teenagers, corporates groups and individuals. For further information on Laira, please visit www.lairagold.com.