



SERVICE OVERVIEW: **EQUINE-ASSISTED EXECUTIVE COACHING**
TWISTERS MANAGEMENT CONSULTING LLC
SARASOTA, FL



Equine-assisted Executive Coaching

Why Equine-assisted Coaching?

- **Horses as Individuals as well as small Bands, provide a unique Opportunity to test and improve your Body-language, personal Impact and Self-awareness!**
- **As flight-animals, they are trained to sense subtle bodily Stressors and to act upon them.**
- **We work with Horses as „Co-coaches“ in a Training Context that is comparable to Action Learning-settings with Individuals or Teams managing Challenging tasks jointly with their equine Partners.**

Set and Setting

- All our Horses that engage in coaching-tasks, have extensive Experience as therapeutic Animals.
- Equine-assisted Coaching consists of Work on the Ground – no Riding Skills expected or utilized.
- In terms of Body Language, we strongly rely on Amy Cuddy's ground-breaking Research, as published in her bestseller "Presence".
- After a short familiarization-phase in order to optimally "match" Coachee(s) and Co-coaches, Participants are introduced to basic Principles of Human-Equine-Communication.
- These Guidelines originate in the great Tradition of Western Horsemanship and Equine Science.
- Coaching-sessions focus on structured Interventions in order to achieve a certain Goal as Equine-Human-Team (such as moving the Horse without exerting physical Pressure around a Parcours) or on Tasks and Challenges, as outlined by the Client.



Who is behind it?

Claudia C. Soestmeyer, M.S.

- **Experienced Management Coach**, e.g., 20 years of Clinical Practice as Licensed Psychotherapist (Germany)

Dr. Pantaleon Fassbender

- **Experienced Management Consultant**, e.g., 10 years KPMG (Senior Manager: Forensics and Restructuring Practices)
- **International Projects**: US, EU, Ukraine, Mongolia, Thailand
- **Broad Industry Expertise**: Automotive, Defense, IT, Media, Professional Services, Travel etc.
- **25+ years in Business**

Twisters Management Consulting LLC

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Resources

Cuddy, A. (2016). *Presence. Bringing your boldest Self to your biggest Challenges*. New York, NY: Hachette Book Group.

LeBlanc, M.A. (2013). *The Mind of the Horse: An Introduction to equine Cognition*. Harvard, MA: Harvard University Press.

Sellnow, L. (2003). *The Journey of the Western Horse: From the Spanish Conquest to the Silver Screen*. Lexington, KY: Blood Horse Publications.