



Explore the emerging field of horse as teacher, mentor, guide

Equine Facilitated Learning and Coaching Level One - Train the Trainer

The EFLC Level One training melds horse wisdom with the human experience to expand potential and consciousness. Through learning “Coaching with Horses” methods and processes students develop the skills to facilitate reflective round pen sessions with their clients. In addition, through their own experiences with the horse they move through limiting patterns or emotions, expand their intuitive and spiritual capacity and activate new behaviors to support their life path. This program is the first step towards an EFLC Certification with Kathy.

The **EFLC Level One** training program is designed for individuals who wish to:

- Incorporate EFLC sessions into their already existing client base (coaches, teaches, riding instructors etc).
- Become a certified EFLC Apprentice.
- Learn facilitation skills to support their business partners who are already certified in the field.
- Develop a strong foundation of EFLC processes and skills while exploring the field.
- Have a more integrated methodology in their coaching approach, horse instruction or lessons.

During the **EFLC Level One** training program you learn:

- Processes for emotional agility and intelligence through deeper levels of somatic and sensory awareness.
- How to facilitate a reflective/contemplative equine based learning session.
- Four Steps to the Present Method.
- Mind Body Method Coaching Model (first model).
- How to integrate Horse as a teacher, mirror, and spiritual mentor in your life or business.

Limited space. See all program options below. All activities are on the ground. No horse experience is needed.

Program Dates and Information:

Days 1 - 2 - 10:00 to 4:30, Dance of Authenticity - Epona Approach Workshop

Days 3 - 6 - 10:00 to 4:30, ELFC Level One Train the Trainer, must also attend above workshop (included in tuition)

Tuition: \$1800 US early bird (30 days before start), \$2100 after, \$500 deposit required (credit card, check, cash, paypal)

To Register: online at: <http://www.coachingwithhorses.com/calendar.html>, phone: 303-545-2555,

or email Tracy (Kathy's Assistant) at support@coachingwithhorses.com



Facilitator: Kathy Pike is the author of three books: *Hope ...from the Heart of Horses: How Horses Teach Us About Presence, Strength, and Awareness* with a forward by Linda Kohanov and *Pathways to a Radiant Self: A Journey of Growth and Discovery with the Chakras*, and *Horse as Teacher; The Dance to Authenticity*. She is also the co-founder and publisher of the book series *Horse as Teacher*.

Kathy offers over 17 years of a diverse background including life Coaching, instructor for CoachU (leading coaching school) massage therapy, teacher for the Boulder College of Massage Therapy, polarity therapy, and PSYCH-K. She is a leader in the field of ELFC. Her horsemanship accelerated through the adoption of a wild mustang deemed un-trainable and unadoptable by the BLM. He now is one of her riding partner's.

Kathy travels nationally and internationally to teach Equine Facilitated Learning workshops and the EFLC Apprenticeship programs, both with a strong emphasis on mind, body and spiritual integration. She is an Epona Approved Instructor.



This program has been approved by the International Coach Federation (ICF) for Continuing Coach Education.