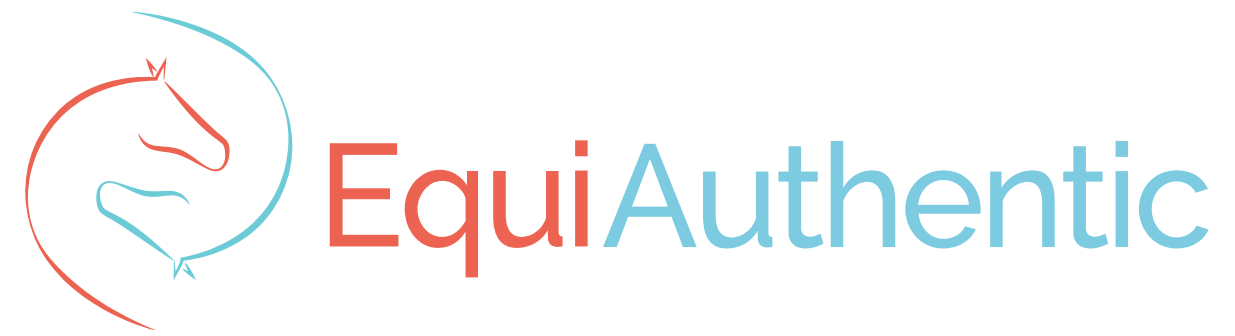




EquiAuthentic

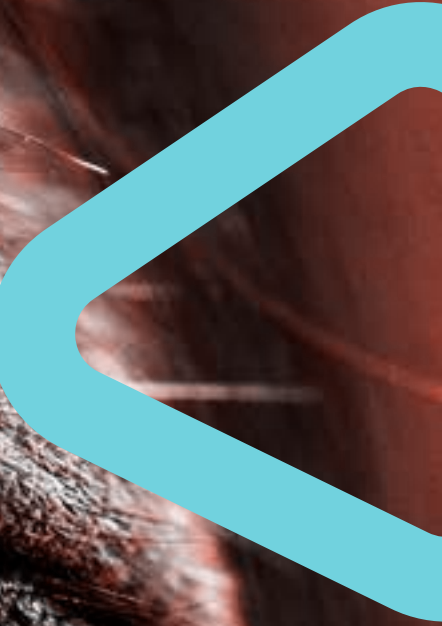
Empower your vision



## About us

EquiAuthentic, created in 2009 has the vision to create deeper connection between people in order to live more authentic relationships in the business world and obtain sustainable results through co-creation and pleasure. With the assistance of our horses, we support open minded leaders to deeper connect, challenge themselves and grow.

We have been working with with IMD in Lausanne since 2010 e.g., in the frame of the outdoor experiential day of a 4 days leadership training for women. Visualize the [testimony of a participant](#) and read the [article](#).





***Cornelia and her team create a unique learning environment, which enables an amazing experience in leadership. The coaches are extremely professional, supportive, and caring. Most of the participants are impressed by the power of the horse coaching and are surprised by the magnitude of its impact. In their own words, the experience is “liberating”, “invaluable”, and “life-changing”***

Ginka Toegel, Program Director



**Cornelia Roulet**  
*Founder*

---

**Intuitive talent** challenging through **kindness** and **authenticity**

Believes in **transformation through self-awareness** and balancing the **wisdom of the body** with the **power of the mind** for healthier relationships and work environments

**Business oriented** (Experienced in large organisations, e.g., in Finance & HR) and a passion for the human component in organisations (Coaching, Master NLP, Equine facilitator)

Connected and growth-oriented **leadership**

# Meet the Team

EquiAuthentic is a **multicultural** team as we partner with national and international **certified horse coaches and consultants**. We can offer the trainings in **French, English and German**.





## Why the horses ?



Horses are organized in herds and have a clear hierarchy and defined roles. As prey animals, they are sensitive to shifts in energy, dynamics, body language. They are able to read intentions and live fully in the present moment.


Therefore, they give an immediate and honest feedback in regard to our interactions with them. The conversations between horses and humans reflect perfectly the dynamics happening at work. Transfers into the business world can be made and allow sustainable and powerful learnings for the participants.



# Equine assisted learning & coaching



---

The equine coaching method uses both parts of the brain by combining reflection with practical experimentation using horses to deepen learning and create powerful anchors.





Objectives  
Debriefing  
Integration  
Analysis



Experience through practice  
Intuition  
Wisdom of the Body

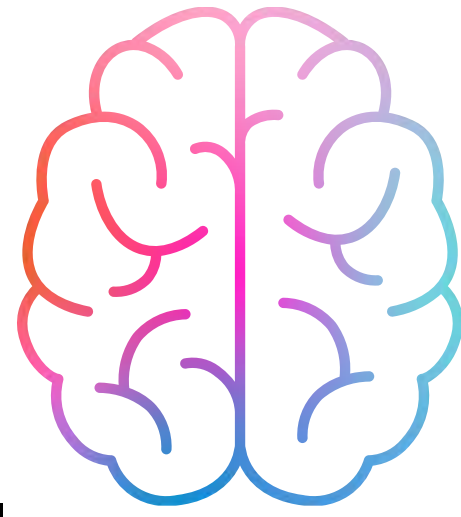


**Action plan**





**Mental  
Logical  
Analytic**



Rational part  
(objective, debriefing)

**Heart,  
Emotional,  
Unconscious**



Experiential part  
with horses



**Applicable  
Transformational  
Sustainable  
Impact**





## Practice & Experiment

---



## Analysis & action plan

---

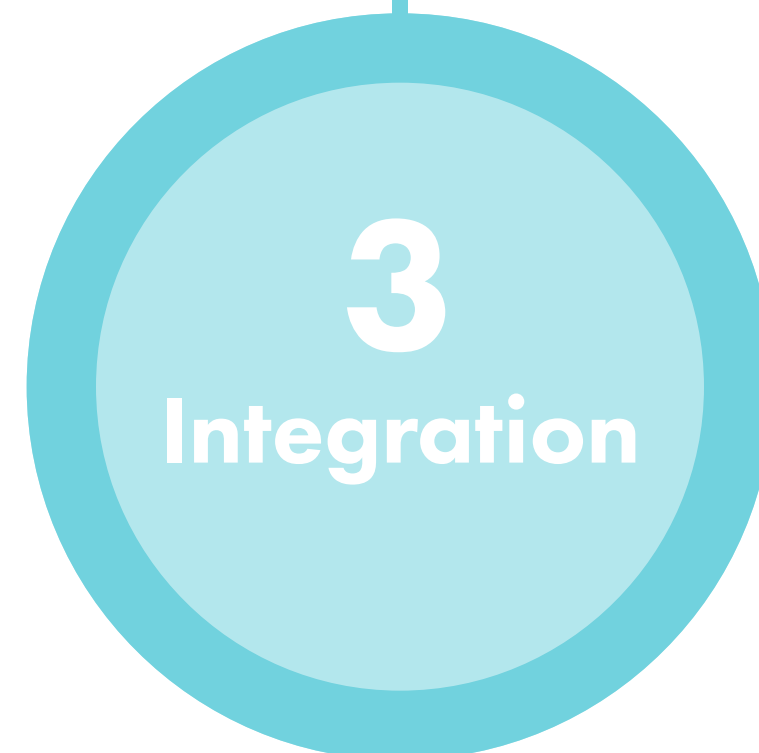


The Exercise represents a concrete work situation



The horse gives immediate feedback regarding:

- ✓ The quality of the relationship
- ✓ Clarity of communication
- ✓ Mental language – body-energy congruence
- ✓ Emotional agility



- A** Establish links with the world of work, everyday life
- B** Identify key learnings and how to put them into practice on a daily basis

# Domains of application

## Leadership

- ✓ Leadership impact, posture
- ✓ Non verbal communication
- ✓ Inspire vs impose
- ✓ Energy management, inner balance

## Transformation

- ✓ Align around a vision
- ✓ Accompany change

## Team building & development

- ✓ Use complementary strength
- ✓ Communication & mutual trust
- ✓ Collaboration and alignment
- ✓ Share a vision

## DEI & Staff Wellbeing

- ✓ Cultural Integration
- ✓ Awareness & Unconscious Bias
- ✓ Sense of Belonging & Mental Health
- ✓ Set an inclusive, burnout-free environment

# The possible options (DE/EN/FR)



## Individual, personalised

- 👤 1 participant
- ☀️ 4 half days (adaptable)
- ✓ Leadership
- ✓ Empathy
- ✓ Custom topics



## In-house teams, personalised

- 👤 1 or several groups within an organisation
- ☀️ 1-3 days
- ✓ Equine assisted learning & coaching as a stand alone initiative or to complete an inhouse training facilitated by an other provider
- ✓ Complete concept e.g. leadership development mixing Equine assisted learning & coaching with other methods



## Module cross- or intra-company

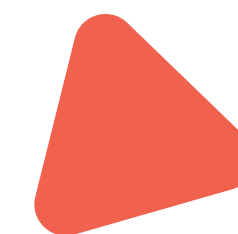
- 👤 Maximum 6-8 participants
- ☀️ 1 day
- ✓ Assertiveness
- ✓ Energy Alignment
- ✓ Other topics



# Get in Touch



**contact@equi-authentic.ch**



**+41 78 719 17 81**



**[www.equi-authentic.ch](http://www.equi-authentic.ch)**



## **SEMINAR LOCATION**

Chemin du Crêt Moran

1805 Jongny

Seminar location for groups  
is depending on the client's  
location or the available arenas.



## **LEGAL ADDRESS**

Route de Corseaux 4

1804 Corsier-sur-Vevey



**EquiAuthentic**