



PAINTED BAR
stables



equine assisted
LEARNING

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competence
communication
judgement
self-awareness
decision making
adversity tolerance
expedition behavior



options for programs

ON THE GROUND SOLUTIONS

Everyone has heard the saying "Work from the ground up." Nothing could be more true when learning with a horse. By working with horses un-mounted, we are able to truly capture and work with the partnership and bond between horse and human, as well as one another.

MOUNTED SOLUTIONS

What is the difference between demanding control and earning leadership? The saddle is the perfect place to learn how to earn trust and negotiate with a partner. Through the adventure and magic of horseback riding we are able to illustrate the successes and hardships of being in a position of authority.



horses as learning beacons

CONNECTING GROUPS TO THE INSPIRATION THEY NEED

Through equine assisted learning activities, horses act as critically important partners in the development of personal and team growth. The equine's prey nature and intense sensitivity to subtle changes in their environment make them perfect partners to teach a wide range of life and coping skills.

Research continues to reveal critical information about the usefulness of horses' unique abilities of perception, cognition, memory, and emotions such as pain and fear. Equines are able to perceive, respond to and learn based on the impressions they receive from minimal sensory stimuli as subtle as changes in human body language, biochemistry or vocal intonations; or also from changes in the equine's environment, relationships with other equines, or the equine's general health.

As a result, Horses provide us with numerous opportunities to showcase our strengths, recognize our weaknesses, adapt to change and work with the strengths and weaknesses of others.

flexible solutions for your leadership needs

AWARENESS

Horses demand that we are aware of our surroundings at all times. We have to listen to each other and to the horses. We have to stay focused and attentive. Being able to not only be aware of yourself, but to be present and conscious of your environment is key to success. Horses act as a large biofeedback machine, providing us with information regarding our strengths and weakness in regards to our inner sense of self, as well as our interactions with others.

- What is a Win? Defining Realistic Goals
- Knowing Yourself and Your Strengths and Weaknesses
- Learning from Experience
- Awareness of Your Own Leadership Style
- Realizing Your Impact and Influence on Others

COPING AND ADAPTING TO CHANGE

Change is a natural part of life, and everyone faces it at one time or another. Many people have intensely negative reactions when facing a big change; however, learning how to react in the face of adversity is key to successful individuals and capable teams. Horses live in an every changing world and through their eyes we are able to learn how to cope and adapt with confidence.

- Learning to endure and enjoy, hard work and challenge
- Adapting to changes and unknowns
- Transforming challenges into opportunities
- Using humor to keep in perspective
- Making focused decisions under stress



EQUINE ASSISTED LEARNING PROVIDES A TOTAL LEADERSHIP IMMERSION EXPERIENCE

COMMUNICATION

Clear communication is the key to any relationship. If you send mixed messages and are not consistent in how you behave, the horse (just like humans) will be confused and non-responsive. Words carry less than 10% of a message's meaning. Effective communication requires use of the



entire spectrum of communication channels. In the world of business and academia we are evaluated on our use of words, both spoken and in writing; but with the horses none of that matters. Horses mostly use non-vocal communication and thus are wonderful

teachers to help us better understand and learn how our alternative communication channels might be impacting or influencing others in our lives.

- Using timely, specific, clear feedback
- Listening actively
- Having courage to state what you think, feel and want

LEADERSHIP

Horses, like humans, naturally desire a leader. Horses like to know that they are safe, protected and someone is looking out for their best interests. They want someone to help them. However, like humans, in the presence of a weak leader they are left with questions.

PROFESSIONAL TEAMS

As technology pushes our economy, organizations and businesses are challenged more than ever to cope with constant changes. As a result, teams must learn to adapt and innovate in order to excel. Our team building programs will engage your team to learn how to achieve, adapt, and overcome fears in a high energy environment full of ambiguity and life lessons.

UNIVERSITY STUDENTS

Leadership is the key to success as students emerge from academia. Through a series of activities, we take students out of their everyday setting and put them into an high excitement environment where they have to rely on their leadership and teamwork to overcome obstacles. Team members learn how to recognize and use different strengths within the group. Cooperation and trust builds with each event resulting in a dynamic team with committed team members.

SCHOOL CHILDREN

Our school programs offer educators an opportunity to expand classroom learning through experiential fun activities conducted in an outdoor setting. Our programs allow both the individuals and the team to take ownership and become more conscious of the results and consequences of their own actions.

Areas of accomplishment are celebrated and memories are created.

FAMILY & COMMUNITY

Educational and team building opportunities exist beyond the programs to professional and educational institutions. Our mission is to challenge members of the community to better understand themselves, those around them and their world by using innovative approaches with our horses to educate, inspire and empower.

ABOUT PAINTED BAR STABLES

Painted Bar Stables is a community-oriented riding facility located just in the New York Finger Lakes Region. The stable offers year-round guided trail rides to the general public as well as lessons, leasing, boarding and educational opportunities to facilitate personal development, dream-realization and lifelong relationships between people and horses.

The stable has reliable horses to guarantee safe, secure adventures for riders of all ages and abilities. Our experienced horses carry riders through the rolling landscape of the Finger Lakes Region on beautiful trails ranging from simple to rugged terrain. Each experience is carefully crafted through matchmaking of the horse and rider and selection of the perfect trail to give every individual and each group the best experience possible.

PROGRAM PRICING & OPTIONS

	6 persons	+1
SHORT PROGRAM - 2 Hours		
Mounted	\$600	\$100
Un-Mounted	\$400	\$65
HALF-DAY PROGRAM - 4 Hours		
Mounted	\$1,000	\$160
Un-Mounted	\$750	\$120
FULL-DAY PROGRAM - 6+ Hours		
Mounted	\$1,500	\$250



Photos taken by A.C. Jacobs of www.oatstuffer.com



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