

Areion EQuiCoach©

Emotional Intelligence through Experiential Learning for Leaders Looking for an Edge

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Natural Leadership

For a High-Tech World



What Is EQuiCoach?

Grounded in principles of horsemanship and facilitated using an executive coaching process, EQuiCoach engagements counter-balance the high stress, always-on, constantly changing, non-stop work lives that lead to **career** disengagement, **relationship** breakdowns, and chronic **health** issues.

Space and quiet time to **reflect**, **question** assumptions and habits, **notice** how you are truly feeling, and **align** with those around you are **vital** to your **success** and **staying power**. When you **prioritize** yourself as an integral component of your overall business **strategy**, breakthrough **results** follow.

Custom engagements take place in Pinehurst, NC or the client site. Coaches are Lisa Mashburn, PCC, MBA, a NYU certified organizational and executive coach with certification in Equine Guided Education from Strozzi Institute, and Claire Sullivan, CTRI who holds a degree in Therapeutic Horsemanship from St. Andrews University and has nearly a decade of experience as a therapeutic riding instructor and experienced-rider coach.

Spend quality time connecting with **yourself**, **your team**, or **a new group** in **meaningful** ways that will **revitalize** you in the moment, **motivate** you back at the office, and **inspire** you for a lifetime.

Why The Horse?

Horses make excellent, **non-judgemental**, agenda-free feedback partners.

- As prey animals horses have a very rapid response time that relies on the energy of body language, mood, and non-verbal sources of information to keep them safe. They discern congruence through body language rather than title, role or words.
- Horses are social animals where a natural leadership system is always established even if the herd includes humans.
- The physical reality of the horse requires presence and heightened awareness that allows you to see the impact of your reactions magnified through the innate responses of the horse.

Best For*

- Boards, senior level executives, and networks seeking to align
- Diverse, hybrid, and dispersed teams building connection and trust
- Executives and teams as part of current or in support of previous coaching or leadership development programs

*EQuiCoach assumes participants have done previous professional development work and are ready for feedback.

What to Expect

- Reconnect to your "Horse sense" leading to powerful communication in the workplace
- Tap creative energy, connect with self and others, renew inspiration, and improve performance in a relaxed and unique work environment
- "Serious" fun and amazement

The Difference

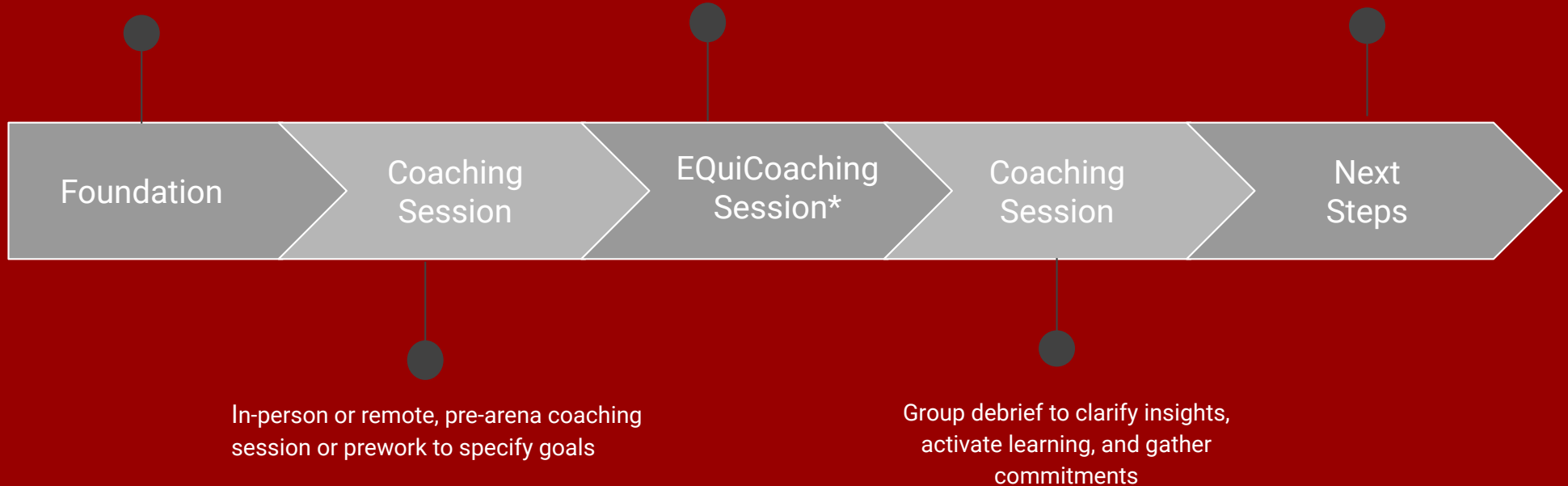
- EQuiCoach is designed as a coaching engagement rather than a workshop or experience
- Focus is on supporting clients in gaining clarity around important issues and overcoming internal blocks to progress
- Skill building is focused on leading with emotional intelligence

EQuiCoach Process Overview

Stakeholder meeting to establish overall objectives and logistics

Deeper work through ground exercises in the arena with horses

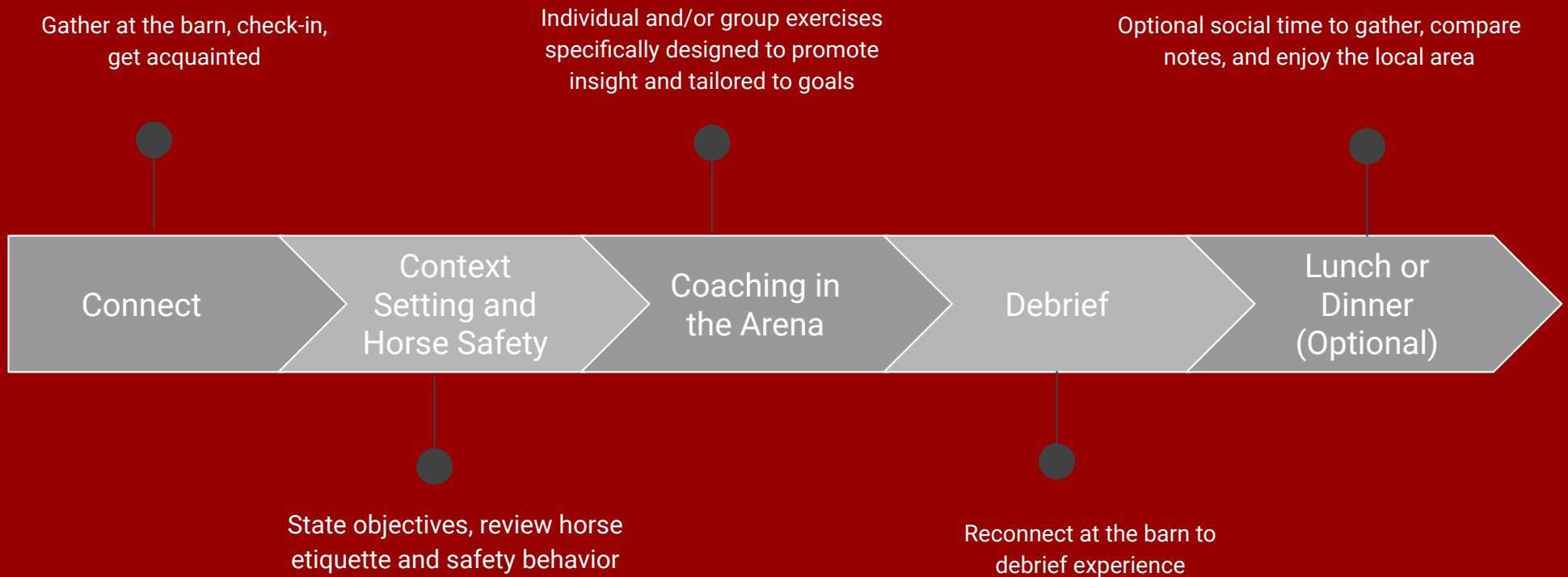
Optional 90-day follow up to support lasting changes in the workplace



**EQuiCoaching sessions are customized to client needs. Typical engagements are 3-4 hours plus 30-minutes pre and post.*

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The EQuiCoaching Session



Next Steps

We welcome your questions.

For more information or to schedule an engagement please contact:

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Areion Advisors

- Founded in 2006 by Lisa Mashburn to engage committed leaders in achieving lasting, positive, and measurable change in themselves, their teams and organizations
 - Certifications include New York University, Organizational and Executive Coach and International Coach Federation, (ICF), Professional Certified Coach, (PCC), Strozzi Institute, Equine Guided Education, (EGE)
 - Specialize in custom one-on-one, team and organizational coaching engagements as part of succession planning in organizations and career strategy for executives
 - 20+ years combined coaching, consulting, and front line business experience, including leadership roles in sales, marketing, and new business development, and thousands of hours working directly with clients as a coach
- Business experience includes Goldman Sachs, Credit Suisse First Boston, Brown Brothers Harriman, ITI, (venture-backed Family Business Healthcare Start-up), UNC Kenan-Flagler
 - Clients include executives and teams from Fortune 500 corporations, private firms, and large family businesses across a range of industries as well as universities and nonprofits in the USA, Canada, and South America
 - For more information see www.areionllc.com or [LinkedIn](#)

Thank You

