

Horse-Assisted Coaching

Behavioral Competencies & Team Development
Development





Why Team Development Matters

Practical learning to enhance collaboration, trust, and constructive conflict management.

The Methodology

Learning Partners: Horses offer immediate, authentic feedback on body language and team dynamics.

Safe Environment: All activities are ground-based. No previous horse experience is required.

Experiential: Promotes observable changes in individual and collective behavior.



Key Development Objectives



Team Cooperation: Strengthening bonds and collaborative ties.



Clear Communication: Developing assertive and effective messaging.



Coordination: Improving alignment and joint decision-making.



Relational Awareness: Understanding behavioral impact on others.

Organizational Benefits



Cohesion

More collaborative and aligned teams with stronger interpersonal relations.



Communication

Significant improvement in the quality of internal communication and message clarity.



Efficiency

Reduced unproductive conflicts and enhanced task coordination effectiveness.

Team Task Dynamics



Coordination Challenges: Exercises that challenge role distribution and cooperation patterns.

Leadership Insights: Revealing informal leadership and communication styles through action.

Communication & Group Challenges



Clarity: Active listening and clear messaging in uncertainty.



Trust: Building mutual confidence through shared goals.



Adaptation: Managing constructive divergence and negotiation.

"Bianca Vilhena de Mendonça: Psychologist and
Coach with 20+ years of experience in
organizational development."

— Specialist in Horse-Assisted Methodologies

Get in Touch

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