

Equicoaching

**UPEVELING LEADERSHIP &
PEAK TEAM PERFORMANCE
WITH HORSES FOR COMPANIES**

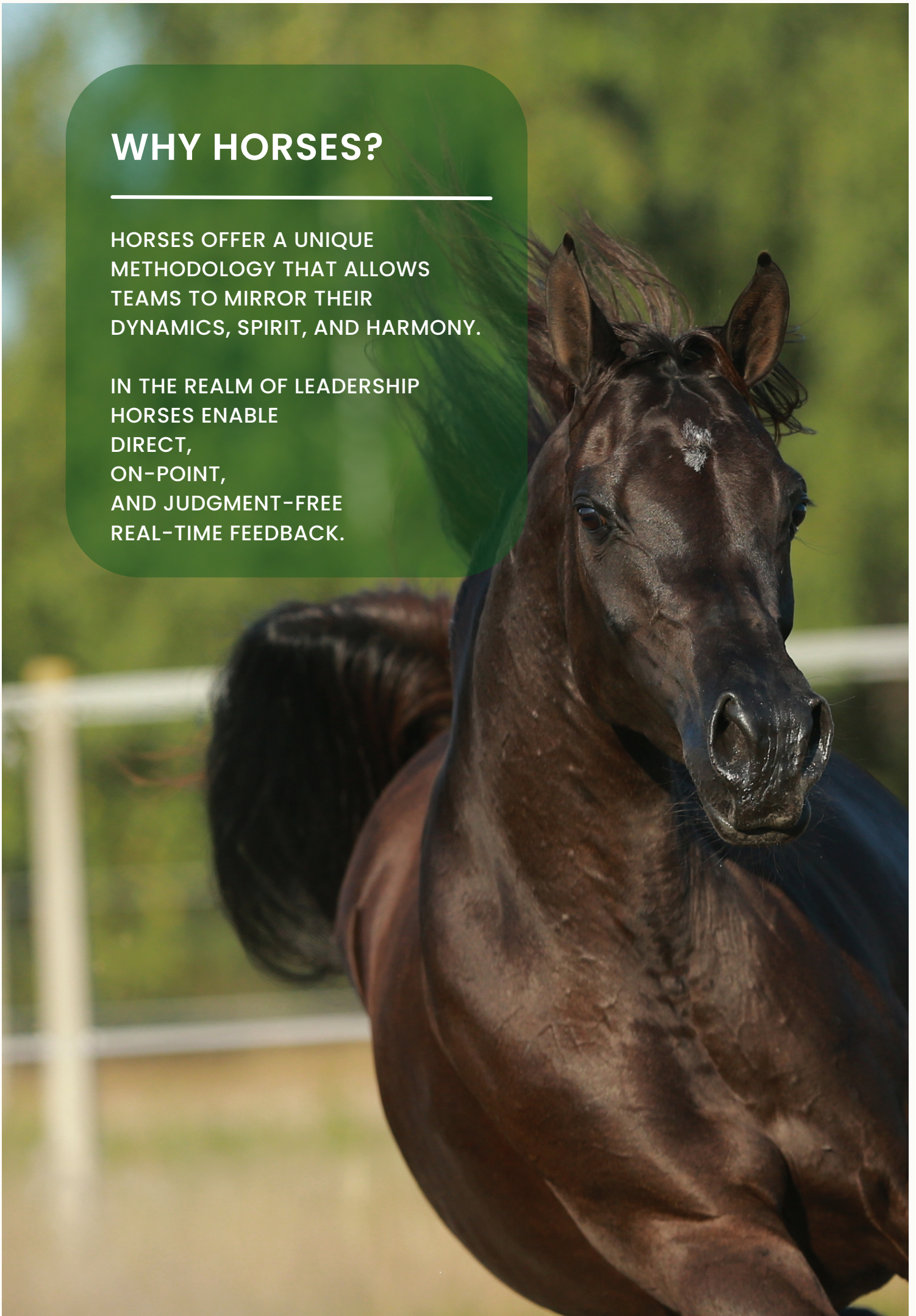
**WITH VANESSA FLAMENT
& NADIA BOERSCH**



WHY HORSES?

HORSES OFFER A UNIQUE METHODOLOGY THAT ALLOWS TEAMS TO MIRROR THEIR DYNAMICS, SPIRIT, AND HARMONY.

IN THE REALM OF LEADERSHIP HORSES ENABLE DIRECT, ON-POINT, AND JUDGMENT-FREE REAL-TIME FEEDBACK.



HOW HORSE-COACHING WORKS FOR TEAMS AND LEADERSHIP

The same values and skills that allow the survival and thriving of a horse herd will allow the survival and the thriving of an organization. Just as in every organization, a horse herd has a hierarchy and every horse knows its place in the hierarchy.

The harmony within the herd and the ability to communicate effectively and efficiently is key for the survival of the individual horse and the herd as a collective.

Horses are magical animals. They have a 6th sense and can read our conscious and subconscious. This is what makes them such powerful teachers: they mirror our thoughts, our blockages, our fears and give us direct, immediate, yet judgement-free feedback, regarding leadership, you get to practice being the leader or the person you want to be and literally walk the talk.

When it comes to team building, horses show very clearly the blind spots within the team and individuals, where communication is effective and efficient, but more importantly where it is not.

The horses will enable the team to first identify the current weaknesses and blind spots, second, discuss them openly and transparently and third, in real-time work on improving (and/or fixing if necessary) the team dynamics in order to create a high performing team that is collaborative, motivated and empowered.

This is why we lovingly call them the "bullshit-detectors" and "blindspot-sniffers" as well as "real-time-fixers"- there is no other methodology in the world that allows to uncover and fix issues in real-time at that speed whilst having fun in the process.



Watch this Interview with Professor of Leadership:
Dr. Fadil Citaku on how the horses evolve leadership skills:
<https://youtu.be/hFbnpgGDxfY>

INTRODUCING YOUR COACHES

VANESSA FLAMENT

Horses are pure - they do not lie and do not judge, and constantly remind us to seek trust and collaboration for positive results. They feel if we are upset, angry, happy or serious and read our body language. They care little about titles or positions and provide us an instant, transparent feedback based on the present moment and what we “show off” to them. Equicoaching is a unique, authentic and fun coaching method that enables us to get a better understanding of how we are perceived and correct ourselves to be more effective in our communication and leadership skills.”



NADIA BOERSCH

"Horses mirror our leadership style, our body language, our thoughts and our energy. This immediate and real-life feedback gives leaders the opportunity to directly experience their leadership style and adapt to develop into the leader they want to be. In these trainings a new level of leadership, presence, authority and confidence can be achieved. In order to succeed as leaders. These are the skills that especially women need more than ever. This unique experience with the horses enables leaders to re-create the newly learned habits any time and forever."





WHY WE CHOOSE ARABIAN HORSES

We work with the breed that is known as the most exclusive, most valuable and oldest breed of the world... But above all, they are known for their enormous sensitivity, kindness and strong connection to humans:

The Arabian Horse.



Since thousands of years, the Bedouins had such a strong connection to these horses that they shared their tents with these wonderful and loyal creatures and carefully selected the ones that were closest to humans. Some of the biggest leaders of the world such as Napoleon or Alexander the Great were known to have Arabian horses as their most loyal partners. These leaders rode on the back of these ethereal horses, sometimes bare back, communicating with nothing but their mind and body language.



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“Horses are often described as the epitome of freedom, power and majestic creatures, they are both admired and respected. These characteristics we can copy and adapt to ourselves from them to have a more powerful presence and confidence.”

- Nadia Boersch

OUR MOST **POPULAR OFFERS** FOR TEAMS AND LEADERS

The Horse Coachings we offer depend on the desired experience and the gap between the initial situation and the aspired outcome. We have four different areas we typically work on with companies, which are always customized to your company needs.



FUN TEAM BUILDING

An experience with horses: an enjoyable and memorable way for a group of individuals to bond and engage in activities that promote teamwork, communication and personal growth.

In addition to fostering enjoyment and boosting team motivation, our approach is designed to propel your team to the next level of peak performance and excellence.



TEAM BOOSTER

Horse coaching is a powerful tool for addressing team dysfunction and facilitating change management - it provides an experiential and metaphorical learning environment. You gain valuable insights into your own behaviors, attitudes, and interpersonal dynamics, which can be directly applied to improving team functionality and navigating change effectively.

OUR MOST **POPULAR OFFERS** FOR TEAMS AND LEADERS



C-LEVEL LEADERS

The Coaching with the horses provides a valuable and transformative experience thanks to a customized approach by addressing the unique challenges and goals of C-Level Leaders.

Here we will be focusing on leadership development, communication, collaboration, decision-making and other critical skills, allowing them to embody the core of successful leadership.



FEMALE LEADERS

Women can learn a lot when it comes to leadership from the alpha mare - learn to embrace responsibility, enhance their social skills, gain confidence in any situation, trust their decisions and ultimately embody the essence of female leadership.

OUR OFFERS: FUN TEAM BUILDING



INTRODUCTION

A Team Building experience with the horses combines fun and joy with breakthroughs in the team dynamics and lifts the team spirit in an incredible way.

STRUCTURE:

This team building is designed for 1/2 day or 1 day.

For team building, we can host from 4 up to 15 people.

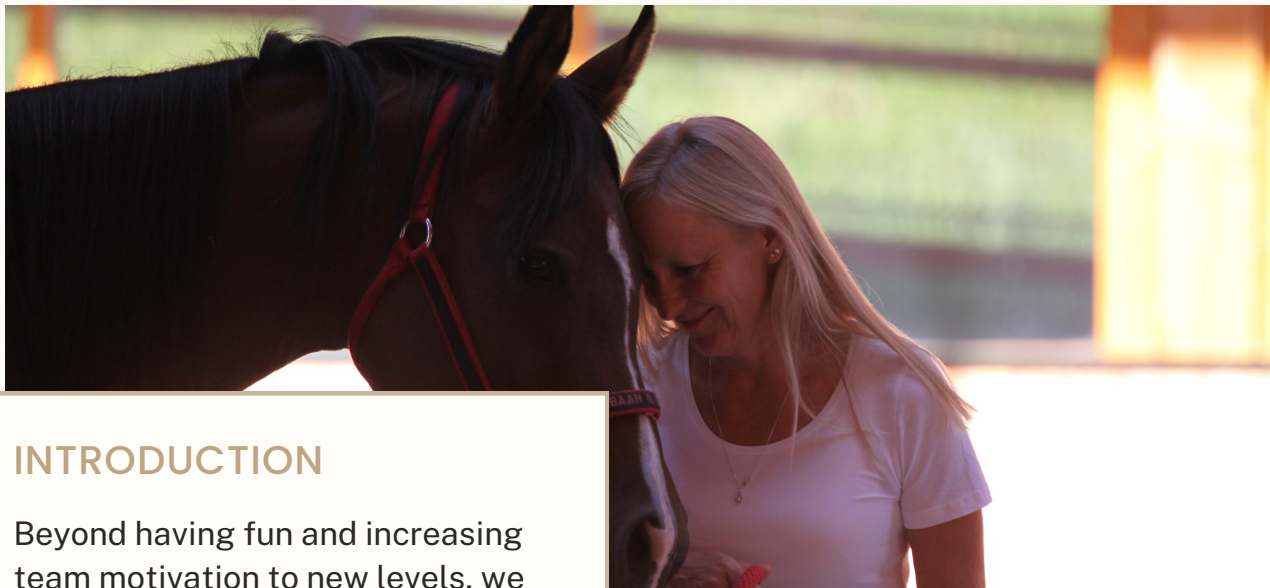
WHO IS IT FOR?

- Any team in a corporate environment, particularly sales teams or teams where confidence is key.

OBJECTIVES:

- Increase team cohesion, improve communication and relationships amongst team members.
- Develop collective confidence
- Increase group unity.
- Increase employee satisfaction
- Developing strong leadership on an individual and group level.
- Creating a commitment to fostering an environment that supports excellence.

OUR OFFERS: TEAM BOOSTER



INTRODUCTION

Beyond having fun and increasing team motivation to new levels, we can also get your team to the next level of peak performance and become a high achieving team.

Team Booster is particularly relevant during challenging times, which can be very tough on team dynamics. As well as implementing and adapting to organizational changes such as newly formed teams, fast-growing teams, mergers and acquisitions, new management teams can massively be supported by equicoaching.

STRUCTURE:

The Team Booster is composed of 2 full Days of team building (with time for integration in-between) and a DISC analysis. Exercises are followed by more in depth debriefings and coaching.

For this team building, we can accommodate from 4 up to 12 people.

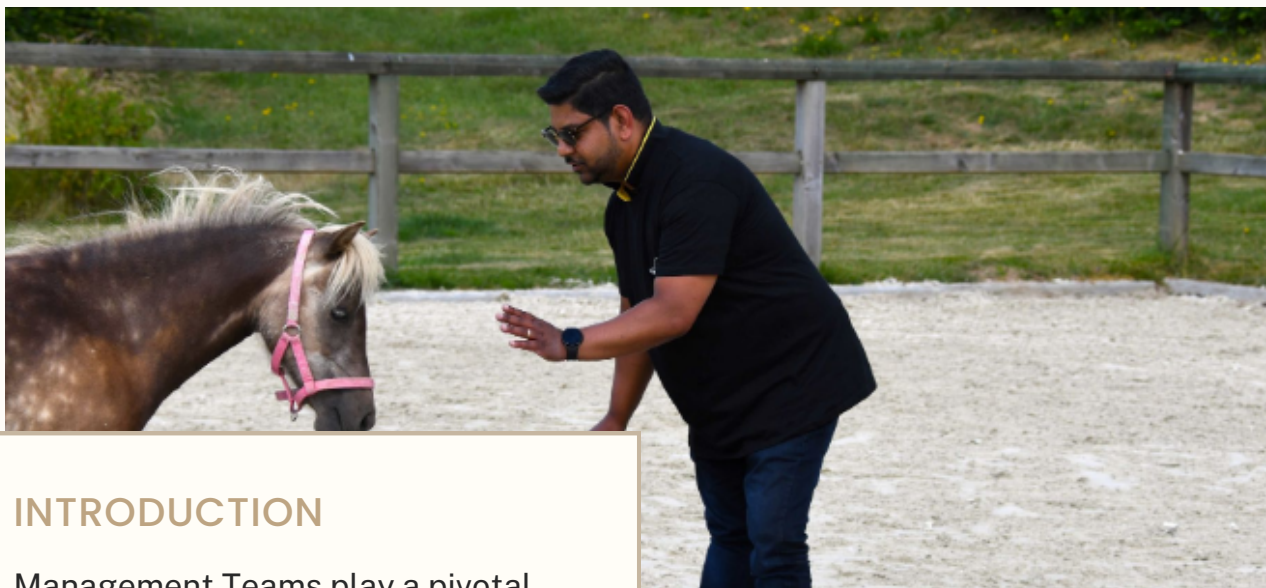
WHO IS IT FOR?

- Teams experiencing challenges for whatever reason.
- Teams going through Change Management Processes.
- Newly formed teams, fast-growing teams, mergers and acquisitions.

OBJECTIVES:

- Improve communication and relationships amongst team members.
- Learn the importance of trust, authenticity, and vulnerability
- Strengthen team bonds and foster a sense of unity.
- Practice conflict resolution skills in a safe and non-threatening environment
- Adapt to change by emphasizing the importance of flexibility and adaptability.
- Help become more comfortable with ambiguity and develop strategies for managing uncertainty.

OUR OFFERS: C-SUITE TEAM BUILDING & LEADERSHIP TRAINING



INTRODUCTION

Management Teams play a pivotal role in guiding the organization toward success by setting strategic direction, fostering collaboration and ensuring efficient, effective operations.

The Coaching with the horses provides a customized approach to addressing the unique challenges and goals of management teams by focusing on leadership development, communication, collaboration, decision-making and other critical skills to help management teams operate more effectively, leading to improved organizational performance and employee satisfaction.

STRUCTURE:

The C-Suite Team Building/Leadership training is designed for 1 full day. This training can be combined with a DISC analysis and individual coaching if desired.

For this team building, we can accommodate from 4 up to 10 people.

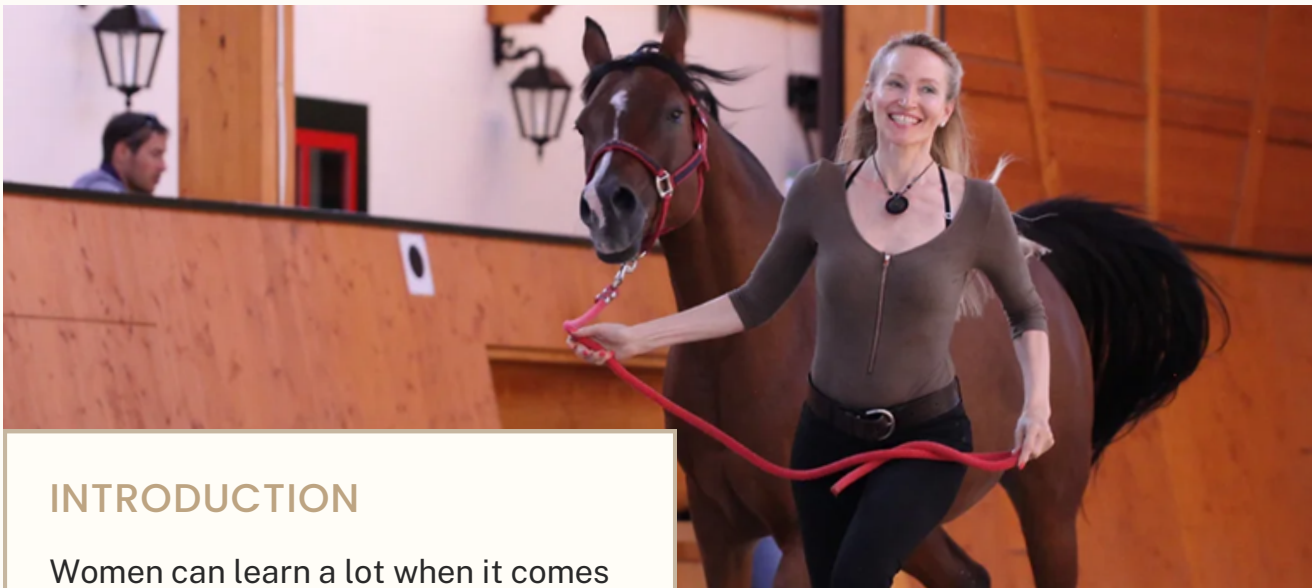
WHO IS IT FOR?

- C-Level Managers that can be coached on an individual basis, one time or over a longer period of time, OR this training can also be offered to C-Level Management TEAMS

OBJECTIVES:

- Develop Influential Leadership skills - authentic presence, natural authority and charisma.
- Learning Situative Energetic Mirroring.
- Transformational & Inspirational Leadership.
- Enhanced Collective Decision-Making.
- Effective Communication and Enhanced Collaboration.
- Personal Growth and Wellbeing
- Leadership based on Emotional Intelligence.

OUR OFFERS: FEMALE LEADERSHIP TRAINING



INTRODUCTION

Women can learn a lot when it comes to leadership from the alpha mare - trust, responsibility, social skills, to deal with fear, be confident in every situation they face and trust themselves and their decisions. Most importantly, they learn what it means to become the embodiment of a female leader.

They lead not by authority, but by their sheer presence and an inner sense of knowing what is right.

STRUCTURE:

The Female Leadership training is designed for 1 full day.

Aspiring female leaders can join our young female leadership program, designed to support them over several months as they embark on the journey to become team leaders.

This training can be combined with a DISC analysis and individual coaching if desired.

For this team building, we can accommodate from 4 up to 10 people

WHO IS IT FOR?

- Women in Leadership positions and soon to be female leaders.

OBJECTIVES:

- Navigating Bias and Stereotypes:
- Enhanced Self-Awareness & increased Confidence:
- Improved Emotional Intelligence:
- Develop Influential Leadership skills - authentic presence, natural authority and charisma
- Learning Situative Energetic Mirroring
- Transformational & Inspirational Leadership
- Enhanced Collective Decision-Making

THE DETAILS: OUR LOCATIONS

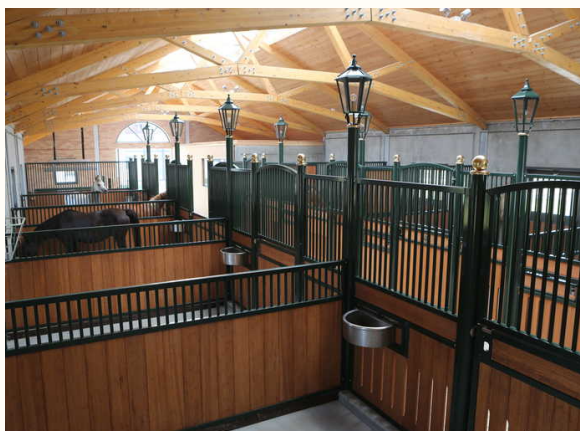
We can welcome groups of up to 15 people in the trainings
for bigger groups we can propose a new tailored offer.

We conveniently offer 2 very centrally located locations in
Belgium for you to choose from:

1

CHEMIN DE LA COLETTE 4

1325 Corroy-le-Grand, Chaumont-Gistoux, Belgium



2

KEULSHAAGWEG 40

2840 Reet, Rumst, Belgium



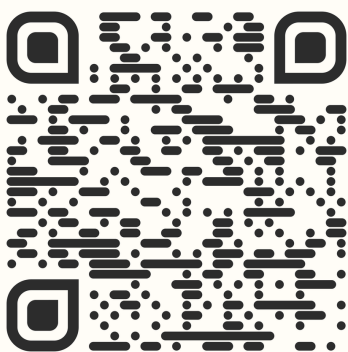
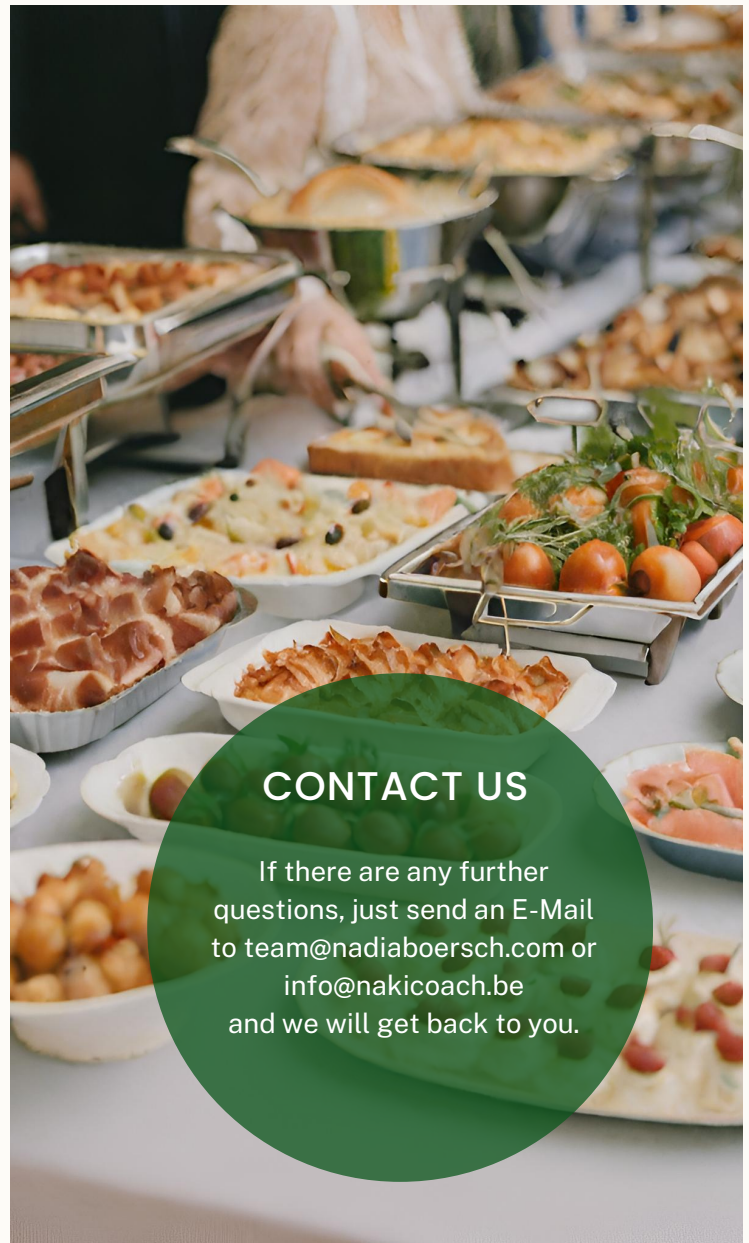
THE DETAILS: WHAT IS INCLUDED

All coachings include coffee, snacks, fruit and beverages.

We can customize the offer with food & drinks according to your liking, for example:

- After drink with the horses.
- Lunch at a restaurant close by can be organized.
- Fresh pizza at location
- Delivery of different food
(Sushi, Pizza, Salads, or more exclusive catering if desired).

All reservation dates are subject to weather conditions.



If you have any questions, scan the QR Code to view the FAQ.

CONTACT US

If there are any further questions, just send an E-Mail to team@nadiaboersch.com or info@nakicoach.be and we will get back to you.

WE KNOW YOUR CHALLENGES

Vanessa Flament and Nadia Boersch know the challenges that leaders face, ensuring a smooth running organization whilst leading teams in an inspirational way.

Vanessa founded and managed an IT-consulting company for 20 years, when she successfully provided external IT expertise to both public institutions and Fortune 500 companies in Belgium. Her company, People & Technology, reached a turnover of 7m euros with 65 collaborators and was awarded numerous times top ten Trends Gazelle awards.

Nadia spent 10 years in leading Marketing positions in Fortune 500 companies such as Nestlé, Philip Morris and Uber before founding a marketing consulting company and a coaching company, training Leaders, especially female leaders, in Leadership and transformational processes.



Since early childhood, both have been connected to horses, and in particular Arabian Horses. Nadia and Vanessa are convinced that the horses have played a huge role in their personal development, shaping their leadership skills, self-confidence, and communication skills.

Today they empower Leaders with their horses to increase their presence, their natural authority and charisma.

Together with the master teachers, the horses, they train Managers, Top-Executives, Entrepreneurs and Politicians.

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“There is absolutely no doubt, that horses have shaped my life and helped me be successful in my professional life. I am also convinced they have taught me to be a better person. Time for me now to share some of my secrets with you!”

- Vanessa Flament

TESTIMONIALS

WHAT OUR CLIENTS SAY

"Equicoaching is a great vehicle for learning your leadership. And thanks to Vanessa Flament's Nakicoach team, it energizes your Positive Contagion Spiral. Do not wait and go discover and live this great experience."

Patrick Stichelmans - Certified Coach & Founder at Manymore Coaching



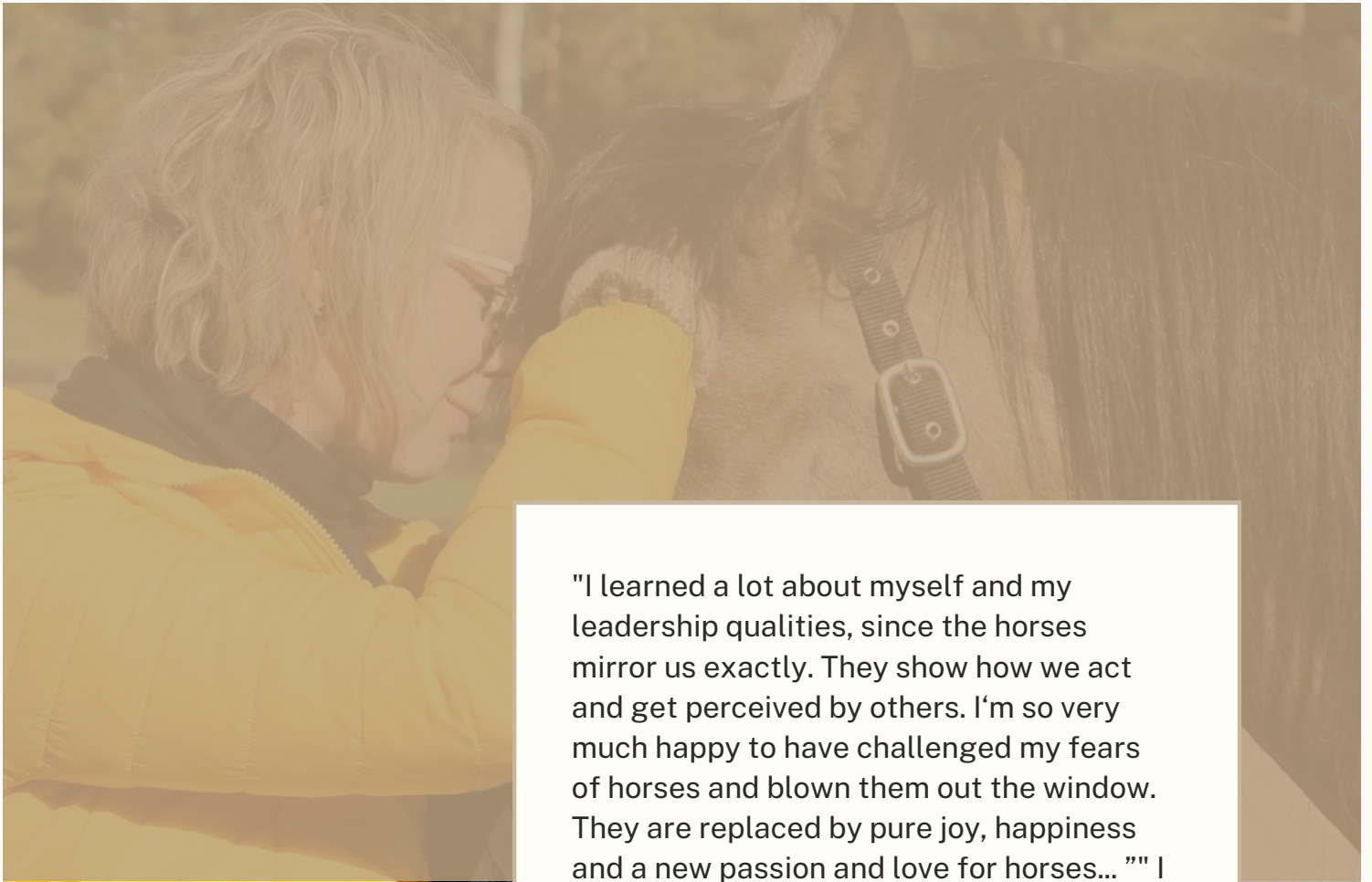
"This training is very effective to learn to manage clarity and energy, and also how to manage a team and focus on results together as a team in the daily work."

Mirjam Blechner - Sales Manager, Microsoft

"Great day equicoaching spent in a professional setting. For me, it's a real discovery that doesn't come from the horse world. Vanessa optimally supports the employees by connecting the equestrian world and the professional world thanks to her past in management professions."

Matthieu MOREAU - Program Manager at i-CITY





"I learned a lot about myself and my leadership qualities, since the horses mirror us exactly. They show how we act and get perceived by others. I'm so very much happy to have challenged my fears of horses and blown them out the window. They are replaced by pure joy, happiness and a new passion and love for horses..." I can say I have changed profoundly through the workshop with the horses.

The horses showed me who I am and that I can lead through the heart."

Isabella Maria Bordoni - International Empowerment & Business Coach for CEOs



“Team building day, just outside category! Excellent coaching, original exercises and activities with meaning and that really reflect what is happening in business, without falling into classic team building/clichés, serious games, etc. and that eventually become boring”

Nadir Ghidouche - Program Manager



“We started to find out what are the leadership techniques, the weaknesses and strengths inside each one of us, and then we learned to encounter, to face them or to challenge them. To understand what are the areas we need to work on ourselves. I learned a lot about my own leadership style and also how to be a good follower. I had a lot of enlightenment and breakthroughs during this workshop. I highly recommend this workshop for everybody who wants to grow and who wants to reach a higher level of character and personality in private and career.”

Awin Tavakoli - Lawyer, Business Advisor, International Speaker

"The horses teach you how to be more confident, they are really smart animals... As I work in politics, which can be very unpredictable, it helped me go back to the classics. I learned that it is important what you are doing and where you're heading towards and to do it with a really strong determination because if you are not able to do that, the horse will not be able to follow you and this applies to any life situation, job-related, personal, really valuable. Everyone should do this training, especially politicians."

Veronica Cretu, Governance Expert



"I was blown away by how this course, it transformed my life in the most unusual unsuspecting way. I did come with an open mind since I do not do animals and got results instantly. Highly recommended"

Michelle Olufeso - Head External Reporting, Roche

CONTACT US



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