



THE HORSE WHISPERER

For hundreds of years cowboys have had a secret. What is this “one thing” that has both enhanced every cowboy’s life and allowed for ranching to spread across the American West?

Riding a horse has very little to do with understanding the technical skills required to steer the horse, but everything to do with the relationship you build with your horse. Many parallels can and will be made to human-human interactions, but unlike humans... horses live in the “now”. We take advantage of this unique quality of the horse to teach every participant how to project calm assertive energy through non-verbal communication, and form a trusting authoritative relationship with their new steed.

The benefits of “Horseplay” in the workplace result in stronger personnel, increased productivity and positive work environment. Benefits on an individual level are limitless and include: increased self awareness, recognition of strengths and communication style, improved assertiveness and ability to relate to others.

Horseplay is more than just “horsing around”. The goal of this program is connecting people through horses. Horseplay is a series designed to increase efficiency through personal adaptation, communication, and introspection. Horseplay is the catalyst for your team to become the best they can be.

How it works: Participants engage in 2-3, non-riding activities held inside of an arena. The group is assigned the task to get the horse(s) through a series of “challenges”. Like in the office, a set of rules, 5 to be precise, are given which must be adhered to, including no verbal communication! The Horseplay arena sets the stage for the individuals to think and communicate ‘outside their box’ independently and collectively. Each activity works on team communication, cooperation, and adaptation.



Hunkapi Horseplay Exercise Descriptions

2-3 exercises per event depending on debriefing required. Urban Round Up is mandatory at first Horseplay to assess group dynamics.
2nd and 3rd exercise determined at pre-event teleconference.



Urban Round Up: Participants challenge their ability to catch a horse. Facilitators will give a brief overview of safety, and then instruct participants to pick a horse to halter without detailed descriptions on “how” to halter. Activity will emphasize individual approaches to challenges, team cooperation, creativity, and unnecessary criticism within peer groups.



Leap of Faith: Participants use teamwork, communication, creativity, and unseen resources to get a horse to go over a jump with out breaking 5 rules. Rules include: No talking, No touching, No bribing, No leading and No using anything outside of the arena. We highly recommend this inspiring, team building activity!



Checkers: Two teams compete to play checkers with their own horse. Each team has a horse that acts as a checker. The teams must move their horse from one end of the arena to the other through a sequence of boxes. 5 Rules: No talking, No touching, No bribing, No leading the horse, if the horse moves out of turn you must go back to your last box. Emphasizes team leadership, cooperation, competitiveness, communication, and individual roles within a team.



Billiards: Teammates must get 1 of 4 horses into a pocket in a 30 second time period. 5 Rules: No talking unless it is your turn, No touching the horse, No leading the horse, No bribing and No using anything outside of the arena. Emphasizes time management, teamwork, communication, “thinking outside the box” and individual roles.



My World: This is a highly introspective activity recommended for small groups; specifically upper management. ‘My world’ deals directly with finding balance within a person’s life (relationships, family, work, education, recreation, etc.). Each activity will cater to the needs of the individuals and their own personal priorities. The horses are used to demonstrate work related pressures that deteriorate and eventually eliminate one’s quality of life.