


Natural Wisdom - Equus Coaching



Executive Team & Leadership Development with Jackie

Helping teams function at a higher level through experiential, horse-led development. A bespoke programme where the most honest feedback comes from the most unexpected source.

HALF-DAY INTENSIVE

MAX 6 PARTICIPANTS

CHESHIRE

Why This Matters

High-performing teams are built on psychological safety, self-awareness, and clear communication. When leadership patterns go unexamined, the consequences ripple through every layer of an organisation.

→ Communication Breakdown

Misalignment compounds silently until it becomes visible as conflict, stagnation or errors.

→ Founder Bottlenecks

Unexamined control patterns prevent delegation, slow growth and low team moral.

→ Reactive Decision-Making

Nervous system dysregulation masquerades as strategic thinking, control or missed opportunities.

→ Reduced Morale

Tension and avoidance erode trust and psychological safety over time. Performance drops.

The Research

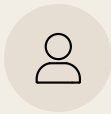
Psychological safety has been identified as the **number one predictor** of team effectiveness.

Leaders with high emotional intelligence **outperform peers by up to 20%** in key performance metrics.

This workshop addresses the **behavioural patterns beneath performance** - not just the surface symptoms.

What This Is

A bespoke, experiential half-day leadership intensive delivered in partnership with horses. Through structured, ground-based exercises, your team receives immediate, unbiased feedback on the dynamics that shape every decision, conversation, and relationship at work.



Leadership Presence

How you show up and how others experience you when you're under pressure.



Communication Clarity

The gap between intention and impact, made visible in real time.



Emotional Regulation

How your nervous system influences the team around you.



Boundaries & Accountability

Where comfort zones are stretched to the growing edge.



Relational Intelligence

The capacity to read, respond to, and lead people with precision.

This is not a lecture, and is more than a team-building activity. This is applied leadership and team development in real time.

What to Expect on the Day

How the Session Works

Your team will work through carefully designed scenarios that mirror real organisational dynamics.

Each exercise is fully facilitated with a clear briefing and structured debrief.



No Riding Involved

All exercises are ground-based.

No Experience Required

Zero horse experience needed.

Max 6 Participants

Depth and safety through small group format.

- Horses respond instantly to incongruence, hesitation, over-control, and lack of clarity - making invisible leadership patterns visible in a way no boardroom exercise can replicate.

By the End of the Session

Participants leave with insight that transfers directly into meetings, conflict resolution, and strategic decision-making. These are not abstract concepts, learnt in a textbook - they are lived, embodied realisations that shift behaviour, instantly.



Identify a Key Pattern

Name one behavioural pattern that is currently impacting team performance.



Understand Nervous System Dynamics

See how individual nervous system responses shape collective team behaviour.



Experience Real-Time Feedback

Receive unfiltered, non-judgemental feedback on leadership presence.



Develop Practical Strategies

Build concrete approaches for communicating under pressure.



Agree Immediate Behavioural Shifts

Leave with specific, agreed changes to implement from the following morning.

Ideal For

This format is intentionally limited to six participants to ensure psychological safety, depth of work, and meaningful integration. It is designed for teams ready to do serious work.



Businesses Scaling Rapidly

Teams where the team have had to evolve quickly without a transition period.



Teams in Growth or Transition

Executive teams navigating new structure, responsibility, or cultural pressure.



Teams Experiencing Misalignment

Where high capability exists alongside friction, avoidance, or unspoken dynamics.



High-Performing Teams Seeking Deeper Cohesion

Organisations investing in psychological safety as a strategic capability.

The Business Case

Experiential leadership development is not a luxury, it is a measurable business investment. The evidence is clear, and the impact is immediate.

75%

Retention Rate

Experiential learning retention vs. just 10% for lecture-based training.

20%

Performance Uplift

Leaders with high EQ outperform peers across key performance metrics.

£bn

Annual Cost of Conflict

Workplace conflict costs UK organisations billions in lost productivity every year.

#1

Predictor of Team Success

Psychological safety, is the single greatest driver of team effectiveness.

Leaders and teams who understand their internal patterns make stronger decisions, build trust faster, and create more resilient teams. This is leadership and team development that translates into measurable behavioural change.

Investment

All programmes are delivered at **Cheshire Riding School, Northwich**. Each begins with a pre-session 'Chemistry Meet' to ensure the experience is precisely calibrated to your team's needs.

BASIC PROGRAMME

Entry Level / Taster

For smaller teams exploring experiential leadership or team development for the first time.

£799

- Pre-session consultation
- 3-hour workshop
- Core experiential team building exercises
- Up to 6 participants

CORE PROGRAMME

Leadership Intensive

For teams wanting to understand what is happening within their team

£1,650

- Pre-session consultation
- Pre-session team questionnaire (short behavioural pulse survey)
- Bespoke 4-hour facilitated team workshop
- Real-time behavioural mapping during exercises
- Up to 6 participants
- Refreshments/ snacks

ENHANCED PROGRAMME

Leadership Deep Dive

For teams looking for insight, sustainable behavioural shifts and accountability

£2,100

- Pre-session leadership consultation
- Individual Character Strengths Survey + team analysis
- Bespoke 3-hour facilitated team workshop
- Written behavioural insight summary
- Implementation and accountability planning
- 60-minute post session integration call with the team
- Refreshments / snacks

 **Location:** Cheshire Riding School, Northwich | **Group Size:** Maximum 6 participants

Your Facilitator



JACKIE ARCHER

MA Integrative Psychotherapist & Certified Equus Coach®

Jackie supports executive teams to develop self-awareness, relational intelligence, and authentic leadership presence, so they can function at a higher level **together**.

Her knowledge of management systems and background in psychotherapy and trauma informed practice brings depth, safety, and precision to every leadership development context. This facilitation is grounded in clinical understanding of how humans actually change.

Psychotherapy Background

MA-level training in integrative approaches to human behaviour and relational dynamics.

Nervous System Expertise

Specialist understanding of how somatic responses shape leadership and decision-making.

Certified Equus Coach®

Internationally recognised certification in horse-assisted leadership development.

Your Next Step

If you are exploring leadership development that goes beyond surface-level training, the next step is a short consultation call. There is no obligation, only a conversation about what is really happening in your team, and whether this format is the right fit.

Your Current Team Dynamics

We start with a look at what is working and what is creating friction.

What Is Creating Friction

Name the patterns, so we can design the right experience.

Whether This Is the Right Fit

Not every team is ready for this level of work. The consultation ensures alignment before commitment.

Book a chemistry meet to explore suitability. The conversation costs nothing. The insight is immediate.

[Book a Chemistry Meet](#)

[Learn More](#)