

# Building Stable Relationships

## Nature based corporate upskilling sessions

Work on wellbeing and interpersonal skills at our carbon neutral countryside site with horses on the ground, mindfulness exercises, and a peaceful judgement free environment.

We are happy to organise local caterers for lunches. These options are bespoke so please contact us to discuss dates, ideas and pricing.

### For Managers

- Compassion Fatigue
- Trauma Informed
- Burn Out
- Leadership
- Team Motivation

### For Employees and Teams

- Communication skills
- Team Building
- Problem Solving
- Boundaries
- Wellbeing



Eat,  
Sleep,  
Ride,  
CIC

