



MINDFUL

**Mirrored Leadership:
Reflective Practices for
Inspired Guidance**



EatSleepRide CIC

Leadership Activity Pack

Shared Wisdom

Discover the essence of shared leadership with these simple yet profound exercises inspired by the principles of equine-assisted learning. Designed for individual reflection or team collaboration, these activities can be done anywhere you feel connected to nature or your surroundings.



THE SILENT GUIDE

Objective:

Cultivate non-verbal communication and trust.

Activity:

Pair up with a colleague or a friend. Decide who will be the guide and who will be the follower.

The follower closes their eyes or is blindfolded. The guide must lead the follower around a safe space using only non-verbal cues (e.g., gentle touches on the shoulders or arms to direct).

After 5-10 minutes, switch roles.

Reflection: Discuss the experience. How did it feel to lead without words? What does this teach you about trust and intuition in leadership?



BREATH OF LEADERSHIP

Objective:

Connect leadership presence with the power of breath.

Activity:

Find a quiet spot in nature or a peaceful space. Stand or sit comfortably.

Close your eyes, focusing on your breath. Inhale deeply for 4 counts, hold for 4 counts, exhale for 4 counts, and hold again for 4 counts. Repeat for 3-5 minutes.

Pay attention to how your body and mind feel during and after the exercise.

Reflection: Reflect on the role of calmness and presence in leadership. How can controlling your breath influence your leadership in challenging situations?



The Leadership Tree

Objective:

Explore the growth aspects of leadership in a natural and collaborative setting.

Activity:

Find a tree in a natural setting that resonates with you. If you're with a group, let each member choose their own tree or select one together.

Spend a few moments in silence, observing the tree - its roots, trunk, branches, leaves, and overall stature.

Reflect on the tree's qualities and how they relate to leadership. Consider the roots as your foundational values, the trunk as your core strengths, the branches as your outreach and influence, and the leaves as the individuals or tasks you nurture.

Share your reflections with your group or write them down if you're alone. Discuss or contemplate how you can grow and strengthen these aspects of your leadership

Reflection:

Consider the interconnectedness of a tree's parts and how they contribute to its overall growth and resilience. How do these parallels inform your approach to building a cohesive, thriving team or community?

I AM
CONNECTED

