



# How You Learn Is How You Live

*A workshop with horses based on*

*David Kolb's Experiential Learning Cycle and Learning Styles*

**Friday, September 29th or Saturday, October 21<sup>st</sup>, 2017 Time: 9:00 am-4:30 pm**

**Creating a Culture of Learning** contributes to the cultivation of human beings who are creative, adaptable, independent and interdependent in both thinking and in managing one's life. This ultimately contributes toward a more peaceful world with a strong concern for and dedication to the future of humanity.

**Workshop Description:** Few people have thought of an ideal process of learning or their approach to it. Yet, the way we learn is also the way we coach, teach, lead, work, partner and play. By understanding our learning style preference, we can identify our strengths and challenges, and appreciate others whose style preferences are different than our own.

During this workshop, you will identify and observe your preferred learning style as you interact with horses in their herd. Through this experience, you will develop a deep understanding of the impact of learning style on your daily experiences and life path. You will discover that you can continually transform yourself and your coaching practice through learning.

Based on the book "How you Learn is How You Live" by David Kolb and Kay Peterson.  
You will:

- Explore an ideal process of learning (experiencing, reflecting, thinking, and acting)
- Discover your preferred learning style
- Learn a relational approach to inclusive, value based and ethical coaching practices based on learning style awareness
- Practice expanding your range of learning styles
- Apply new insights to your everyday challenges and choices.

**BCC CE's: 6 BCC CE hours including 4 ethics CE's available**

## **We will enter the culture of horse and learn the Experiential Learning Cycle**

- creating an intentional learning space within the field of horse and herd
- experiencing the engagement with horses
- reflecting about the experience
- thinking about the experience with the horse to make meaning
- acting as a result of your experience
- beginning the cycle again

**Location:** Novelty, Ohio (50 minutes from downtown Cleveland or CLE airport)

**Fee: \$255 Early bird by 8/30/17 \$225**

Fee includes "How you Learn is How You Live" Personal Development Workbook and Lunch

**Facilitators:** Kay Peterson, Jackie Stevenson and the Spirit of Leadership team and herd

### ***Horses Challenge Us to be Our Best***

- Horses are remarkable facilitators of self-awareness, leadership and team development. They have an amazing ability to resonate with our essence and style, offer a 360 perspective and reflect back to us our authentic self. We learn from the herd to create expand our humanity and to create a community of purpose and the best possible conditions for a positive future. When this future emerges, we learn to be there to greet it.
- People partnering with horses for deliberate learning are focused in the moment. Because horses can bring a high degree of chaos and unexpected change, people learn to summon presence, calmness, strength, focus, respect, and trust. Afterward, people are able to apply these experiences to real issues and work situations.

### ***Be prepared to be safe, discover something meaningful and have fun***

- You can learn more about this horse work/play by visiting *Spirit of Leadership Services* web site: [www.spirit-of-leadership.com](http://www.spirit-of-leadership.com)
- You can learn more about Experiential Learning by visiting Institute for Experiential Learning website: [www.experientiallearninginstitute.org](http://www.experientiallearninginstitute.org)

***A horse herd is inclusive...everyone belongs, everyone is essential, everyone matters.***

[www.spirit-of-leadership.com](http://www.spirit-of-leadership.com)

[www.experientiallearninginstitute.org](http://www.experientiallearninginstitute.org)

