



EQUICOACHING

*Develop self-confidence and rediscover
your own resources*

WHAT IT IS?

Equicoaching is based on the concept of the « reflecting horse » the horse, as a highly sensitive animal, is capable of sending back to each individual an immediate image of his or her way of being, leading to instant consciousness-raising image of the way you are, leading to instant awareness.

Contact with horses encourages listening and communication, and can trigger major, lasting changes in one's way of being and behavior.



RISE-UP
EQUICOACHING

THE CONCEPT

*Live a transformative experience with
our coach Johanna*

This increasingly popular form of coaching is an effective way of tackling specific challenges present within a company: lack of cohesion in a team, lack of communication, stress management, agile leadership, change management, mediation in an executive committee, etc.



YOUR COACH

Listening, trust, well-being and change



JOHANNA VENNEMEIER

Professional Coach and Equicoach
Specialized in coaching with horses

« The horse enables us to feel the impact of our thoughts, emotions and intentions on ourselves and others. It thus invites us to become full players in our own lives, and enables us to develop advanced human and managerial skills that take account of the subtle ».

RISE-UP
EQUICOACHING

CONTACT

To request a quotation or further information, please contact the sales department at the following address:

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