



EquiLab



Equine
assisted
coaching

Experiment

Reveal

Transform

Accomplish

What accompaniment?

EquiLab® offers you to experiment, to feel and to meet yourself through the relationship with the horse to become more **aware** and **develop your potential**



Emotional intelligence

Inspire and awaken the consciences by your authenticity, your open-mindedness, your mental flexibility and your exemplarity



Relational intelligence

Metabolize your emotions: welcome them as information so that they generate new ideas as well as available energy for a response adapted to the situation



Leadership

Develop empathy, listening, social cognition, synchronicity, influence and solicitude to better control your relationships with others



Creativity

Go beyond pre-established ideas and develop new and unprecedented behaviors



Presence

Be fully grounded, aware and present to yourself and others



I felt like I was in a cocoon of softness. I was able to advance at my pace, safely. New doors opened for me in a very short time ...

- Nadine, Project Manager



Team coaching

Promote the team's awareness of its own brakes and develop its skills to transform them collectively into success levers



Communication

Promote the team's awareness of its own brakes and develop its skills to transform them collectively into success levers



Team building

Create within your team a dynamic of cooperation that is oriented toward a common goal



What for?

- ➡ Promote the integration of a **new position**
- ➡ Improve your **leadership**
- ➡ Set up a **high-stakes** project for the company
- ➡ Develop your ability to act on **tensions** and **conflicts**
- ➡ Prepare to evolve in an **intercultural environment**
- ➡ Facilitate the acquisition of **relational skills**
- ✓ Overcome a **complex** professional situation
- ➡ Boost **self-esteem**
- ➡ Adopt a **different style of management**
- ➡ Consolidate your **emotional skills**

« I had another type of encounter with myself. Unforgettable and touching session that served as a lever for my project and gave me confidence to act. Thank you, a big thank you. »
- Karine, CEO

For what benefits?

The collaboration between the horse and the coach:

- allows you to directly **transfer** what you experience with the horse to your life in the company and in your relationships with others
- offers you new perspectives so that you find yourself the **answers** to the questions you ask yourself or the problems you encounter

« I spent an hour and a half of happiness. It was so long that it had not happened to me! Thank you so much. »
- Carine, CEO

For who?

- **Leaders:** CEOs, VPs
- **Management team:** Executive Committee Members, HR Directors, Senior Managers, Project Managers
- **Intrapreneurs** or Corporate Entrepreneurs

EquiLab® is practiced on the **ground** and requires **no equestrian knowledge**



Why the horse?

The horse has many qualities conducive to facilitating the accompaniment of people or teams: **sensitivity, curiosity, authenticity**, ability to **adjust** in the moment and continuously in the relationship.

Expert in emotional intelligence and relational intelligence, very sensitive to the authenticity of the person who interacts with him, it is a **mirror** offering new perspectives and **accelerating** the necessary awareness to transformations.

The accompaniment with the horse offers a vast field of experimentation, allowing you to **learn** and to integrate quickly new **adapted** and **durable** soft skills and know-how.



Contact me



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Who am I?



Delphine Dépy Carron, *PhD*

Neuroscientist and HEC certified coach, for nearly 20 years I have accompanied managers and their teams in the success of their innovation projects.

I use my knowledge on human functioning from Neuroscience with leaders, their teams and their organizations to promote their transformation, facilitate their creativity, enhance their innovations in pleasure, simplicity and performance.

Passionate about the animal world, and in particular horses, I am regularly called upon to support managers and their teams in the development of their emotional intelligence, their leadership, their relational intelligence, their creativity. Putting them in contact with the horses, at a key stage in this support, helps boost awareness and promotes lasting behavioral transformations.

*Certified Executive Coaching Expertise and Perfecting - HEC Paris Executive Education
Trained in horse-assisted coaching - Aynooa
Lecturer HEC Paris Executive Education*