

Enrollment Form:

***Coaching Skills through Horse Wisdom!!***

April 2019 - November 2019

This is an intensive and unique training. It is designed to offer you a high qualitative program in training horse assisted coaching skills. We work together during almost a year in a very intensive way, taking you on a path of self-discovery and authenticity, coaching and supporting you to become the best coach you can be, with the horses as your partners.

At the end of this coaching program, you will be able to coach clients with the help of horses, you will implement the ICF core competencies and the principles of systemic coaching in your practice. In short: you become a fully competent Horse Assisted Coach.

Your 8-month Coaching Program Includes:

- **An extensive manual**
- **content calls**
- **2 PRIVATE coaching calls and/or opportunities for internship**
- **4 modules of 4 days each**

√ **Extensive manual**

Built from over 20 years of global consulting and coaching, the trainings and experiences I had and based upon Kivik's Coaching model, this is a great resource of practical and background information that will lead you to masterful coaching! This 'done for you' guide is filled with forms, exercises, contracts, and coaching content that will make your coaching a thriving success! Unique to our students, you won't find this anywhere but here.

√ **Virtual Adjunct Content Call Classes (only if we have more than 3 participants)**

Each month we will meet as a group virtually. In these classes we will cover ICF core competencies, Kivik's Coaching model, peer coaching and supervision from me. They also serve as a Master Mind and provide a powerful thread of learning and relationship throughout your coaching journey. We will then take the classroom learning into the experiential setting of working with the horses.

### √ **Monthly Private coaching**

We meet for **2 private coaching session or internship opportunities**. These sessions are designed to reinforce what you experience in the group sessions and provide a private, confidential space to help you process and move forward with whatever needs to happen next for you personally.

### √ **Four - 4 day intensives with the horses in Belgium.**

*Coaching Skills through Horse Wisdom* is a deep journey of self-exploration and transformational learning. In addition to classroom and group process work, our equine coaches help us develop new competencies in working with and relating to others, exercising mind-body awareness, non-verbal communication, assertiveness, creativity, and leadership skills.

During these weeks you will experience your own authenticity *through the way of the horse*, delve into the heart of your practice and connect it to the basics and complexities of ICF Core Coaching, master-mind and play, receive and celebrate the emergence of your Authentic Coaching Self.

### **Data for 2019:**

Module 1: 01/04/2019 - 04/04/2019

Module 2: 17/06/2019 - 20/06/2019

Module 3: 16/09/2019 - 19/09/2019

Module 4: 25/11/2019 - 28/11/2019

***For those of you working to combine Coaching into your Equine Facilitated Learning practice...***

√ **Instruction from expert coaches who are successfully combining EFL and Coaching**

Our entire faculty knows what they're talking about! They are coaches who have graduated from this program or studied this methodology of coaching and equine assisted learning in depth. They, along with me, will be your guides on this incredible journey!

√ **Practice in equine assisted coaching**

Each program includes design and delivery of private and group equine assisted coaching sessions. We want you to fully experience all aspects of Equine Assisted Coaching! These individual and group sessions include group supervision and are a powerful jump start to your business upon program completion.

We invite you to participate in *Coaching Skills through Horse Wisdom* as an **entire course**; or you can experience these 4 components as **individual modules**.

**Module 1: SETTING THE FOUNDATION**

4 Day Learning Intensive with the Horses

Classroom Work to prepare for our time with the horses:

- Introduction to Coaching
- The ICF competencies and standards
- Distinctions between therapy and coaching
- Coaching agreement
- Setting the foundation
- Introduction to coaching model
- Co-Creating the relationship part one

On site Equine and experiential components –Creating Awareness of Self and Others

Through a series of specially designed activities with horses on the ground-no riding-, participants deepen awareness of personal challenges, core feelings and areas of bodily tension that inhibit their ability to reach their true potential. A tremendous boost in self-

esteem and confidence comes from learning how to establish boundaries and direct a thousand pound creature through mental focus, presence and clarity of intent. These skills, which can be difficult to teach in a conventional coach training classroom, have far ranging applications linked to increased success in personal relationships, career, parenting and **coaching**.

Investment: € 3500

## **Module 2: CO-CREATING THE RELATIONSHIP / COMMUNICATING EFFECTIVELY**

4 Day Learning Intensive with the Horses

Classroom Work to prepare for our time with the horses:

- Co-Creating the relationship part two
- Coaching presence and awareness
- Energetic and emotional intelligence
- Powerful communication
- Creating Presence
- Positive and Negative Intentionality
- Active Listening
- Powerful questions and purposeful inquiry
- Direct Communication
- Team/Group coaching
- Systemic debriefs and coaching practice and supervision

On site Equine and experiential components—Managing our unconscious influences in the coaching relationship

The inability to engage a confident presence through emotionally-centered, empowered body language creates a vacuum that unconsciously invites others to take advantage. Equine interactions during the course help reveal how emotionally-centered and empowered we are through the horse either ignoring us or moving us around, taking charge of the relationship, just like our clients, employees, spouse, and children are apt to do. Students are coached in how to set boundaries and motivate the horse, finding

that this magnificent animal is just as happy to cooperate, and a real dance of mutual respect and co-creativity begins; mirroring the ultimate coaching relationship.

Investment: € 3500

### **Module 3: COMMUNICATING EFFECTIVELY / FACILITATING LEARNING AND RESULTS / ENERGETIC AND COMMUNICATIVE HORSEMANSHIP**

4 Day Learning Intensive with the Horses

Classroom Work to prepare for our time with the horses:

- Team/group coaching and systemic approach
- Systemic debriefs and coaching practice and supervision
- Facilitating Learning and Results-Part I
- Creating awareness
- Designing Actions
- Planning and Goal Setting
  
- Experiential application of theory and concepts
- Integration of coaching and relationship skills
- Peer coaching with me and the horses
- Horsemanship exercises

Investment: € 3500

### **Module 4: FINE TUNING YOUR COACHING SKILLS/ MARKETING YOUR PRACTICE FOR A THRIVING AND SUSTAINABLE BUSINESS/ HORSEMANSHIP**

4 Day Learning Intensive with the Horses Vision

- Strategic planning through Vulnerability
- Money and you
- Coaching with the horses
- Horsemanship exercises

Investment: € 3500

<b>Total Value of Full Program</b>	<b>€ 14.000</b>
<b>Your investment if you take all four modules</b>	<b>€ 12,500</b>

## **Payment Options**

### **All modules**

**Full Pay: 12 500 €** (or a deposit of 3 000 € today and the remaining 9 500 € on the first billing day)

**2 Pay Option: 12 680 €** (or 2 times 6 340 €, one 14 days before the start of the training, the other 14 days after the second module)

**4 Pay Option: 13 160 €** (or 4 times 3 290 €, to pay 14 days before each module)

*The full pay option for the entire course is the biggest bang for your buck!*

### **Individual modules**

**Full Pay: 3 500 €** (or Deposit of 1 500 € today and the remaining 2 000 € on the first billing day)

**2 Pay Option: 3 800 €** (or Deposit of 1 500 € + 2 payments of 1 150 €)

**4 Pay Option: 3 960 €** (or Deposit of 1 500 € + 3 payments of 820 €)

**For the people in Belgium: KMO portefeuille intervenience is possible.**

The payment options for those who want to profit from the KMO portefeuille are a bit more limited because of the official requirements attached to this portefeuille:

**Full Pay: 12 500 €** (or a deposit of 3 000 € today and the remaining 9 500 € on the first billing day)

**4 Pay Option:** prepay of 2 000 € + 4 payments of 2790 € = 13160€ ( the first on the first billing day, the others 2 weeks before the start of the next module )

**All our prices are VAT excluded.**

- I understand that you will personally review my application, Annemieken, and it, together with this Enrollment Form, officially indicates my interest in being accepted into this program.
- I understand that if I am accepted that I will immediately move forward with the financial commitment for the program. That includes the non-refundable program payment deposit for *Coaching Skills through Horse Wisdom 2019!*
- The payment option I select will then begin at the latest 01/04/2019
- I understand that *Coaching Skills through Horse Wisdom 2019* is an 8 -month commitment with the 6 month Post Course Supervision as an option. If, for any reason, I choose not to continue or choose to stop participation, I will continue to be financially liable for the fees of this program.

Please initial those requests you accept on the line provided below.

\_\_\_ 1. I agree not to distribute the program materials to anyone else outside of the *Coaching Skills through Horse Wisdom 2019* program.

\_\_\_ 2. Annemieken Van Reepingen has my permission to acknowledge me publicly as a client. (Optional )

\_\_\_ 3. Annemieken Van Reepingen have my permission to use me as a reference on their blogs, website or printed materials. (Optional)

\_\_\_ 4. Confidentiality is crucial in this program. (Not Optional)

As your coaches, we will maintain a highly confidential environment. However, in the case of a legal request, I, and my representatives cannot hold confidentiality as we do not have a doctor/client privilege. If information you share with us is sufficiently “illegal” or “dangerous-to-oneself-or-others”, we will consult an attorney in order to determine whether or not to notify authorities. If information you share with us creates an uncomfortable feeling for us or steps outside of our ethics and integrity base, we will let you know and may terminate the coaching relationship.

For you and your program colleagues, it is essential to maintain a space of confidentiality and non-disclosure. You must commit to not disclosing any information about any participant in any way outside of the group. You must also commit to not using private or

sensitive trade secrets that a participant shares for your own gain. You may connect with an individual directly and obtain permission in writing to determine the “classification or sensitivity” of their ideas and programs for your own usage with their written permission only.

I have read the policies provided here and the program letter and I agree to participate fully in the 8 -month *Coaching Skills through Horse Wisdom 2019!*, pay my program fees on time, and show up 100% in any way possible! I understand my role and my coach’s role in this program. I will ask questions and clarify anything I don’t understand. I am committed to doing everything I need to do to get 100% from my coaching relationship and the group.

Print Name: \_\_\_\_\_

Signature: \_\_\_\_\_

(For electronic signature use: /s/ Your Name

Date: \_\_\_\_\_

Application and enrollment form must be emailed or faxed together.

Email to [annemieken@kivik.eu](mailto:annemieken@kivik.eu) at Kivik



Application for *Coaching Skills through Horse Wisdom*

April 2019 - November 2019

Name: \_\_\_\_\_

Company: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Office Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

Email: \_\_\_\_\_

Website(s): \_\_\_\_\_

Spouse / Children / Partners / Pets \_\_\_\_\_

\_\_\_\_\_

Annemieken,

I understand that you will personally review my application This application officially indicates my interest in being accepted into this program.

I also understand the *Coaching Skills through Horse Wisdom* begins in april 2019 and completes in november 2019.

Print name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Questionnaire:

Please be as candid and authentic with your answers as you possibly can.

- Date application and include name, address, phone number, and email address
- Education
- List schools, programs, trainings, certifications, etc. that have supported your growth and development
- Include the name of teaching/training institution, year/time attended, and a one to two sentence description of the program, its purpose and value to you.
- Professional Experience in one or more of the following fields:
  - Educator, consultant (specific field) o Licensed Mental Health Worker,
  - Coach
  - Alternative Human Health Care
  - Unique Experience, Skills, Connections
  - *Other Note: Specify the number of years of experience you have in each area and the particular nature of each category (e.g. High School teacher for ten years.)*
- Horse Experience (Note: Horse experience is not necessary for this program, though it is desirable for instructors to know ahead of time what level of horse experience participants have.)
- Describe your attraction to the field of Coaching. Why are you attracted to the Coaching Skills through Horse Wisdom?
- Given the requirements and energetic demands of the Coaching Skills through Horse Wisdom, describe how you will integrate it with your personal and work life during the eleven months of training.
- Describe your current business or plans for a business right now
- What do you love most about your business today (or the thought of your own business)?
- What do you love most about your clients today?
- If you found Aladdin's Lamp and could have 3 wishes right now that would manifest your perfect client what would they be?
- When you look 3 years into the future – what are the secret desires for your business that you haven't even dared to articulate yet—and what kind of clients are you serving?
- When you make a decision do you:
  - \_\_\_\_\_ make it quickly?
  - \_\_\_\_\_ think about it, analyze pros / cons then decide?
  - \_\_\_\_\_ analyze for weeks or months before making a commitment?
- What currently holds you back from achieving the level of financial and spiritual success you want in your business?

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- Is there anything you believe you have to give up to create vibrant success in your life and business?
- Do you have any other commitments that you believe could keep you from being 100% successful in this program? This could be a job, community service, board commitments, family, etc...
- On a scale of 1 – 10 please rate the following questions (1 being “not at all”, 5 being “somewhat” and 10 being “yes”!)
  - How willing and committed are you to this program, doing whatever it takes, being in integrity with your commitments and supporting your colleagues? \_\_\_\_\_
  - If accepted into the program will you be able to commit to the fee without undue stress? \_\_\_\_\_

*NOTE: The specific payment options are given on the enrollment form. (Remember, your application does not commit you in any way to the program).*

- If accepted into any module of the Coaching Skills through Horse Wisdom Program, what are the top 3 goals you want to be excited and happy about having accomplished at the end our 8 -month time together?
- Briefly describe why you should be selected for this exclusive opportunity to be mentored and coached by us and the amazing team we’ve assembled for this program...

**Thank You!**