English Abstracts

Professional Coaching with Horses
Background – Further Education – Methods

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Using horses to support people during development processes has proven successful for many years now. Starting in the 2000s, horses have been used in educational programs of organizations, too, for example as "sparring partner" for executive managers and experts. A horse feedback, translated by a coach knowledgeable about people and horses, is highly efficient and effective especially for executive managers from the highest levels who only rarely receive feedback free from any hidden agenda.
But what exactly is "coaching"? How can a coaching process using horses become created?
This article will answer these and other questions, for example, what makes a coach effective and how one becomes a coach. Furthermore it will look into possible fields of application and the use of methods and in conclusion it will use examples to show how we use horses in coaching.

Keywords: Integrated professionalism, professional autonomy, personality development, extension of professional behaviour repertoire, helping people to help themselves, Systemic Transactional Analysis

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