

Shared Leadership: Building Mental Strength with the Herd

A Nature-Based Mental Preparation Resource by Eat Sleep Ride

1. Grounding Exercise – "Be Present Like a Horse"

Horses live fully in the moment. This simple breathing activity helps you do the same.

Instructions:

- Stand still. Plant your feet firmly on the ground.
- Breathe in for 4 seconds, hold for 4, breathe out for 6.
- Repeat 3–5 times.

What do you hear? Smell? Feel? Jot down a few words:

 Senses I noticed:

2. Mirror Work – What is the Herd Telling You?

Horses respond to energy, not words. Reflect on how they react to your presence.

Instructions:

- Spend 5 minutes quietly observing or standing near a horse (in-person or in memory/video).
- Ask yourself: How are they reacting to me? What might they be sensing?
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 What I noticed in the horse:

 What that tells me about my mental state:

3. Mindset Check – “From Chaos to Calm”

Circle the words that best describe your state right now:

Calm | Anxious | Focused | Distracted | Overwhelmed | Confident | Heavy | Grounded |
Light

Now write one intention or affirmation for yourself:

 “Today, I choose to...”

4. Leadership in Practice – Reflect & Reset

Shared leadership is about trust and responsiveness — not control.

Think about a challenge you're facing. Answer the following:

 What's in my control?

 What can I let go of?

 How can I lead myself (or others) with more calm and clarity?

About Shared Leadership with the Herd

This approach is grounded in the natural behavior of horses. It's not about dominance — it's about presence, trust, and the power of gentle leadership. Learn more at [Equine Assisted Personal & Professional Development](#)