

# EAT SLEEP RIDE



Horse Leadership Day -  
24<sup>th</sup> January 2026 for  
Instinctively Wild CIC



## Challenges

- Operating across a wide geographical area with limited face-to-face interaction
- Navigating differing roles, responsibilities, and communication styles
- Ensuring all voices feel equally valued within a diverse team
- Translating leadership theory into meaningful day-to-day practice

## Benefits :

- Strengthened trust and interpersonal relationships
- Greater appreciation of individual strengths across the team
- Improved clarity and confidence in communication
- A shared language around authentic leadership
- Renewed sense of collective purpose and connection



*“The experience helped me realise that leadership isn’t about control—it’s about clarity, trust, and how you show up. Working with the horses made that learning immediate and unforgettable.”*

## Objectives

Instinctively Wild sought to strengthen relationships across a geographically dispersed team working in a wide range of roles.

With colleagues often operating remotely, opportunities for meaningful in-person connection are limited.

The aim of the team-building day was to create shared space for collaboration, deepen mutual understanding, and explore leadership in a way that felt practical and relevant to everyone, regardless of position within the organisation.

## Solutions

Through a facilitated programme with Eat Sleep Ride, the team engaged in horse-led leadership activities designed to develop self-awareness, communication, and trust.

Working alongside horses required participants to demonstrate clarity, calmness, and congruence between intention and action.

The experiential nature of the day created an equal playing field—leadership was defined not by job title, but by presence and authenticity. Structured reflection sessions allowed the team to connect insights from the arena directly back to their roles within Instinctively Wild.

**Eat, Sleep, Ride**

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**[www.eatslepride.co.uk](http://www.eatslepride.co.uk)**

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