



Connecting Teams

Unique Team Development

Ph: Bev Foster 027 261-2140

Ph: Virginia Clark 021 650-525

E: connectingteamsnz@gmail.com

www.connectingteams.co.nz

169 Takatu Road, Matakana

About Connecting Teams

Effective teamwork harnesses the collective knowledge, skills, creativity, insight and effort of everyone in the team to accomplish the team's goals. Collaborative teamwork also saves time, minimises error and reduces stress.

How do our programmes help your team achieve the best outcomes?

Connecting Teams delivers a unique set of internationally recognised programmes that enhance the interpersonal skills and teamwork of participants.

We use the Building Block™ Programme which was developed in North America and is backed by a 5-year research study. It is fully accredited by the Calgary Board of Education and is recognised for the value it brings to skill development and enhancement.

Through a series of group-based activities with our horses, participants build greater awareness of themselves and their colleagues.

Our goal-based programmes are designed to enable team members to:

- Build effective working relationships
- Accept responsibility and accountability
- Be creative and innovative
- Realise the benefits of effective communication
- Clarify roles within the team
- Find solutions to team problems by aligning them around goals
- Recognise the value of mutual trust, respect, and personal integrity
- Provide real opportunities to practice leadership, communication, authenticity and other core team skills

Our programmes are objective driven with guaranteed outcomes that can be tailored to the team's specific needs.

The single most untapped competitive advantage is teamwork.

What is Equine Assisted Learning?

Equine assisted learning is a form of experiential learning in which the horse is the teacher. Participants work in small groups of two or three and one horse. Together, through positive interaction and teamwork, they tackle various activities to achieve a specific objective. We do not ride the horses; all teamwork with the horses is done on the ground.

Why Horses

We work with horses as teachers. Horses provide honest, immediate and totally non-judgmental feedback. Working with the horse means we can guarantee the outcomes of our programmes.

Horses help improve communication and leadership skills, focus and motivation. They help greater development of emotional intelligence, self-confidence and self-awareness which lays the foundation for greater team cohesion and performance.

The ability of horses to help humans learn better communication skills is an area that is well researched. Equine Assisted Learning is used globally and offers a powerful and unique professional skills development platform.

As horses rely 100% on body language and energy levels to communicate, they can pick up the slightest cues in our body language. Horses are prey animals; their life depends on reading situations/people very carefully. Their reaction to us comes from our actions, emotions and stimulus. Horses make great teachers, their feedback is immediate, honest and non-judgmental.

What can a horse teach you that a human can't?

- Horses consistently model assertiveness and teach us the same
- Horses can't lie or over think our motives, their feedback is honest
- Horses help instil empathy and kindness in the participants
- Nature provides horses with astute instincts; they sense things we can't
- Horses have distinct personalities and different methods of teaching
- Horses lead through assuredness - not force
- Horses react to feelings that put the herd at risk, they show us when we are feeling fear, frustration and confusion
- Horses natural herd behaviours require trust, respect and teamwork from all members of the team, including humans!

Horses have a unique ability to communicate honestly and clearly; to cut through and make a point; creating moments of “aha” and learning.

Corporate Programmes

Our programmes offer more than just a fun day out of the office. They are a powerful journey of teaching, learning and understanding. We offer a range of programmes that can be tailored in content, structure and duration to meet the development needs of your organisation.

Team Building: Suitable for teams at all levels. These fun and interactive sessions allow participants to build a deeper understanding of their own personal skills and work style, and that of their colleagues, with the goal of enhancing team cohesion and effectiveness.

Leadership & Management Training: Suitable for those in leadership roles or demonstrating leadership potential. Programmes focus on authenticity in leadership, helping leaders understand their own style and approach, as well as enhancing the skills vital for effective leadership.

General Skill Development: Suitable for individual employees and teams looking to build general skills or enhance specific competencies needed for success in their roles. Programmes focus on developing a range of core skills and objectives are tailored to meet specific needs.

Conferences and Special Events: Looking for a unique activity for your special event? Our fun and interactive programmes are a great option for your team events. Being based at Omaha Bay Vineyard (OBV) we can offer wine tastings, a platter or a tour of the winery and vineyard as part of conferences, celebrations and Christmas parties.

Programme Objectives

All programmes are based on specific outcomes that can be tailored to meet your needs. The general building block progression of EAL exercises includes:

- | | |
|-------------------------------|-------------------|
| 1. Building Relationships | 7. Negotiation |
| 2. Skills Development | 8. Trust |
| 3. Communication | 9. Choices |
| 4. Listening and articulation | 10. Leadership |
| 5. Problem Solving | 11. Body Language |
| 6. Focus | 12. Team Building |

With all our programmes, participants will work to:

- Develop relationships based on authenticity, trust and honesty
- Accept responsibility and accountability
- Overcome barriers to find change
- Be creative and innovative
- Find opportunities in working together
- Realise the advantages of effective communication

DiSC® Profiling

To compliment our Equine Assisted Learning programmes, we can offer DiSC® Profiling for your team.

A DiSC® Profile explains what motivates you, how you work best, how you like to be treated by others and what challenges you. The DiSC® process is a simple questionnaire that takes 10-15 minutes. A report will provide you with plenty of helpful information that will be useful for the rest of your working life.

What's in it for you and your team? Everything DiSC®:

- Provides a common language to help teams understand one another and work better together
- Acts as a springboard for conversation and team building
- Improves employee and workplace communication
- Helps you to understand people who aren't like you.... or are too much like you
- Reduces conflict and avoids misunderstandings

Profiling your team before they arrive for the EAL programmes will allow team members a greater insight into their own and other members way of being.

Omaha Bay Vineyard

We are located at beautiful Omaha Bay Vineyard (OBV). As an optional extra, your team may wish to stay after the programme to enjoy some wine tasting, a platter or a tour of the winery and vineyard.



Testimonials

"What Bev took us through exceeded my expectations. I learned through working with the horse and my team how to communicate with the team and Lia the horse without sight or speaking. It helped me to grow to understand the importance of teamwork and to reconnect with myself honestly, working as a team."

Annette Presley

"Interesting to observe staff outside their comfort zone, seeing how effectively they worked as a team, seeing who led. Excellent to see staff really enjoy a totally new experience and connecting together as a team. I felt you as instructors were excellent in your delivery and encouragement and really made our staff comfortable in what was to some a possibly threatening environment/situation as they were unsure of handling horses. Thank you."

Toni Wilson, Kowhai Physio

"Just got back to work and got met by a group of buzzing staff – they loved it; they have talked about it all day – no one in that team has ever done anything like it – thanks so much. I felt quite overwhelmed that today – one session – had such an impact!!"

Shannon Auton, OOB Foods

"Excellent activity utilizing a variety of communication methods, teamwork, planning, problem solving and awareness of the effect on the team member who couldn't talk but communicated back in response to our actions".

Marcus

I consider my experience today as awesome, and an unforgettable lesson in my life. Not just that today, was my first time touching and facing a horse, but also for learning helpful techniques and methods to work as a team member and how communication is important in the workplace and life.

Emad

"Wonderful to connect with the team and learn to trust in working together to achieve the goals. Once we allowed ourselves to be still and really listen to each other everything fell into place. A beautiful moment with beautiful souls. Feel very honoured to have shared this time and quite humbled. Bev, amazing facilitation and guidance. Thank you"

Amanda

Bev Foster - Certified EAL Facilitator & DiSC® Facilitator



Founder of Connecting Teams. I have been around horses all my life and just love how they can teach us so much about ourselves. I am passionate about Goal Setting and helping people achieve their goals. I am a certified DiSC® Facilitator.

Co-Founder/Owner of Omaha Bay Vineyard. I am married with two daughters. I have lived and worked in Matakana for the past 16 years.

Virginia (Ginny) Clark - Certified EAL Facilitator



I have had a lifelong love of horses. What I love about EAL is that participants need have no knowledge of horses but can benefit profoundly from the amazing learning experiences they have to offer. Prior to joining Bev at Connecting Teams, I owned and ran my own specialty food manufacturing company.

I am married with two sons and live in Matakana.

