

learning with HORSES

Atelier Sophie Krier
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Offerings (individuals)

Hybrid short course

|| Making contact ||

240.- excl VAT / 290.- incl VAT

Are you curious about working with horses but still unsure whether it suits you and what you want to explore exactly? Or do you want to get to know my approach better before committing further? Then this programme is the right step for you at this moment.

In two one-hour online sessions and one walking session in The Hague, we explore together what you are struggling with and what you are drawn towards. We also practice embodied exercises that you can train at home.

Bonus: If you feel 'Yes, I want more!' after this course, you will receive an 85 € discount on all other programmes.



Basic track

|| Recognizing and setting boundaries ||

490.- excl btw / 595.- incl btw

This track is right for you if you regularly find it difficult to say no and set boundaries, or if you notice that your work and relationships are costing you a lot of energy.

In this journey, we work on:

- learning to set and sense boundaries better, both for yourself and for others
- experiencing the difference between what you feel inside and what your body radiates
- learning to feel the space you need to remain present in your body
- connecting with your inner world, and from that place, with the outside world
- recognising and applying the difference between natural growth and overexploitation

What you get:

- 3 sessions of 2 hours with a clear structure and step by step learning opportunity
- mix of theory and practical exercises
- 1:1 guidance from the horses & me
- session handouts and practical tools
- follow-up session worth 85 €



BTW id: NL002043717B51 | KvK: 24481517 0000
IBAN: NL32 TRIO 0198 4235 35 | BIC: TRIONL2U
UNIVE Bedrijf Aansprakelijkheidverzekering: 80890822

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*Please note that you can
only follow this track if you
completed the Basic Track on
boundaries (see previous page)*

Offerings (individuals)

Track || Authentic relationships ||
980.- excl VAT / 1185.- incl VAT

A powerful programme that examines limiting patterns in your thoughts and behaviour and transforms them into opportunities for growth. This track is right for you if you feel you have lost your way and have reached the point where you would like to take back the lead over your life and work.

In this journey we work on:

- making contact and setting boundaries
- feeling the space of presence
- connecting and disconnecting
- learning to read emotions as information
- distinguishing expressions of your true self from survival behaviour
- integrating agreements for authentic relationships into your everyday life

What you get:

- six 2-hour sessions with a clear structure and step by step learning gradient
- mix of theory and practical exercises
- 1:1 guidance from the horses & me
- session handouts and practical tools
- follow-up session afterwards worth 85 €

Track || Inner leadership ||
750.- excl VAT / 907,50.- incl VAT

Are you a driven person who gets through mountains of work every day, but find that you struggle to make decisions and feel increasingly drained inside? With this programme, I will help you regain your strength and lead your team, project and life path in a way that suits you.

In this journey we work on:

- learning to read emotions as information
- experimenting with embodying intention
- self-regulation and staying on course using your inner compass
- recognising the “five roles of a master shepherd” in yourself and others
- leadership from the heart, together with others

What you get:

- five 2-hour sessions with a clear structure and step by step learning gradient
- mix of theory and practical exercises
- 1:1 guidance from the horses & me
- session handouts and practical tools
- follow-up session afterwards worth 85 €



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Offerings for teams & communities:

Workshop || Meet the herd ||
95.- excl btw pp / 115.- incl btw pp
Min nr of participants: 5

A workshop in which we take the time to observe horses, and to see and feel what that evokes in you. In manageable exercises, we explore how our perspective changes when we shift our attention from the outside to the inside. How present do you remain in your own body when you connect with others? And how does that influence group dynamics?

In this workshop we address:

- grounding in your own body
- feeling the space of presence
- understanding the basis of projection and transference

What you get:

- a safe setting where you do not have to share anything you do not want to share
- the invitation to try something new and observe your own reactions
- 1:1 guidance from a fellow coach, if needed
- a mix of theory and meditation exercises
- a handout with tips for further practice

Thematic group training courses, presentations and other questions:
[please contact me.](#)

We will discuss your expectations and wishes in a no-obligation consultation. Based on this, I will formulate a tailor-made offer, including a quote and timeline.

Coming soon:

I am currently working with colleagues to develop modules geared to the cultural, educational and non-profit sectors in the areas of:

- empathic communication & horse wisdom
- meaning & horse wisdom
- transactional analysis & horse wisdom

Introductory discount! Have you participated in a group workshop and would you like to explore things further with me ? Then you will receive an 85 € discount on all programmes.



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