



A NEW KIND OF LEARNING EXPERIENCE

# EQUINE WORKSHOP

LEARN WHAT HORSES CAN TEACH US  
ABOUT **LEADERSHIP, COMMUNICATION,**  
**SELF-DISCOVERY AND TRUST**



marchitecture  
CONNECTED EMPOWERMENT

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# TRANSFORM LEADERSHIP THROUGH EQUINE CONNECTION

Connected Balance™ is a state of mental, emotional, and energetic self-awareness that is possible when the heart, mind, and body are connected and aligned to experience the best outcomes. Feedback is a great tool to help achieve this state, however all feedback is not created equal, which can impact decision-making and confidence.

Working with horses is a form of experiential learning that helps develop a wide range of personal, emotional, and social skills through interactions. By creating a connection with a horse and engaging in ground-based activities (no riding), participants can gain insights into their own behaviors, communication patterns, and emotional states leading to self-awareness, improved relationships, and personal growth.

Since horses live in the present moment, they require people to be fully present during their interactions. This aspect of mindfulness is a key component of Connected Balance and helps participants become more grounded and focused. With their deep somatic understanding, horses read and mirror human emotions providing unbiased feedback in any situation.







## EQUINE BENEFITS

Being around horses and in outdoor environments can foster a deeper connection with nature, which can be grounding and rejuvenating. It's also a great way to take a break from technology and the stresses of daily life to build personal resilience.

Whether you're looking to enhance your personal development, leadership skills, or participate in a unique team experience that's fun, an Equine Workshop can offer meaningful and lasting impact like:

- Communication and listening skills,
- emotional awareness and person growth,
- empowerment and self-confidence,
- mindfulness and the use of presence tools,
- problem-solving and teamwork efficiency, and
- stress management and well being.

Walk away from this experience with new transformational a-ha knowledge that can be applied immediately to create positive impact in your life.



FOR YEARS I HAVE EXPERIENCED THE POSITIVE  
IMPACT AND LIFE CHANGING RESULTS FROM  
EQUINE GESTALT COACHING AND EQUINE ASSISTED  
LEARNING ACTIVITIES.

- KATHY SEBUCK, FOUNDER  
MARCHITECTURE



# WORKSHOP OVERVIEW

Horses are prey animals, so their survival depends on being acutely aware of subtle shifts in their environment, including human body language and energy. They can sense tension, anxiety, calmness, confidence, and other emotional states. As a result, their ability to respond to human cues in an honest, authentic way makes them powerful feedback partners during personal development and learning activities.

This unique Equine Workshop is designed for corporate leaders, teams, and small groups of all ages offering a different perspective to the standard leadership, communication, and feedback exercises available today.

Together we will design your day(s) by choosing from a Touched By A Horse® playbook of 18 experiential exercises focused on key themes that are important to you. This customizable experience will be memorable, applicable, and fun, focused on topics like:

- trust
- self-confidence
- communication
- boundary setting
- teamwork
- leadership & decision making
- emotional regulation
- energy awareness



HORSES CAN BE OUR DEAREST GUIDES AND MOST PROFOUND TEACHERS.

**-MELISA PEARCE, FOUNDER  
TOUCHED BY A HORSE**







# MEET YOUR EQUINE FACILITATOR™

[Kathy Sebuck](#) is an award-winning strategic thinker, entrepreneurial leader, athlete, author, public speaker, and Chief Marketing Officer with over 25 years of corporate tech sales and marketing leadership expertise working for startups and Fortune 500 enterprise software companies in the public, private, and nonprofit sectors including Sun Microsystems, VERISIGN, Citrix, Microsoft, SAP, and Amazon Web Services.

A certified Equine Facilitator™ through Touched By A Horse®, Kathy has over 200 hours of formal and volunteer horsemanship training supporting nonprofit therapeutic riding organizations in San Diego, CA.

As the Founder of Marchitecture, Kathy provides strategic business consulting services including storytelling, branding and communications services, digital marketing and leadership workshops, mentorship, community programming, and an introduction to growth mindset tools for positive impact to empower people and help businesses thrive.

Kathy has earned a Master of Science in Management, a Bachelor of Science in Public Relations, is a Certified Digital Marketing Professional from the Digital Marketing Institute in Dublin, Ireland, a HeartMath® Certified Mentor, and a Third Degree Reiki Practitioner.

Contact us today to learn more or schedule a workshop.  
[EQUINE@MARCHITECTURE.TECH](mailto:EQUINE@MARCHITECTURE.TECH)







## WORKSHOP LOCATIONS

Working with our national equine network, we identify facilities to host our customized Equine Workshops or collaborate with our partners listed below. This unique experience promises to be an unforgettable day of discovery, insight, and fun offering a new growth mindset perspective.

We look forward to seeing you in the arena!

### **SAN DIEGO, CA**

TERI CAMPUS OF LIFE

[WWW.TERIINC.ORG/EQUESTRIAN](http://WWW.TERIINC.ORG/EQUESTRIAN)

### **LOVETTSVILLE, VA**

LOUDOUN THERAPEUTIC RIDING

[WWW.LTRF.ORG](http://WWW.LTRF.ORG)

### **BALTIMORE, MD**

UNBRIDLED POSSIBILITIES

[WWW.UNBRIDLEDPossibilities.COM](http://WWW.UNBRIDLEDPossibilities.COM)

### **CINCINNATI, OH**

CINCINNATI THERAPEUTIC RIDING  
AND HORSEMANSHIP

[WWW.CTRHOHIO.ORG](http://WWW.CTRHOHIO.ORG)

CONTACT US TO CHECK AVAILABILITY AT  
[EQUINE@MARCHITECTURE.TECH](mailto:EQUINE@MARCHITECTURE.TECH) OR VISIT  
[WWW.MARCHITECTURE.TECH](http://WWW.MARCHITECTURE.TECH) FOR MORE INFORMATION.



## ABOUT MARCHITECTURE

Marchitecture empowers entrepreneurs and business leaders of companies, startups, and nonprofits through consulting services focused on storytelling, marketing communications strategies, workshops, mentorship, and growth mindset tools for positive impact to help people and businesses thrive. Our mission is to create Connected Balance™ and empowerment across the globe through people and technology to drive company growth, community success, influence change, and promote innovation.

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