

Integrative Picadero

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The Magical Place Where Ethology, Leadership Science and Coaching Meets in Harmony

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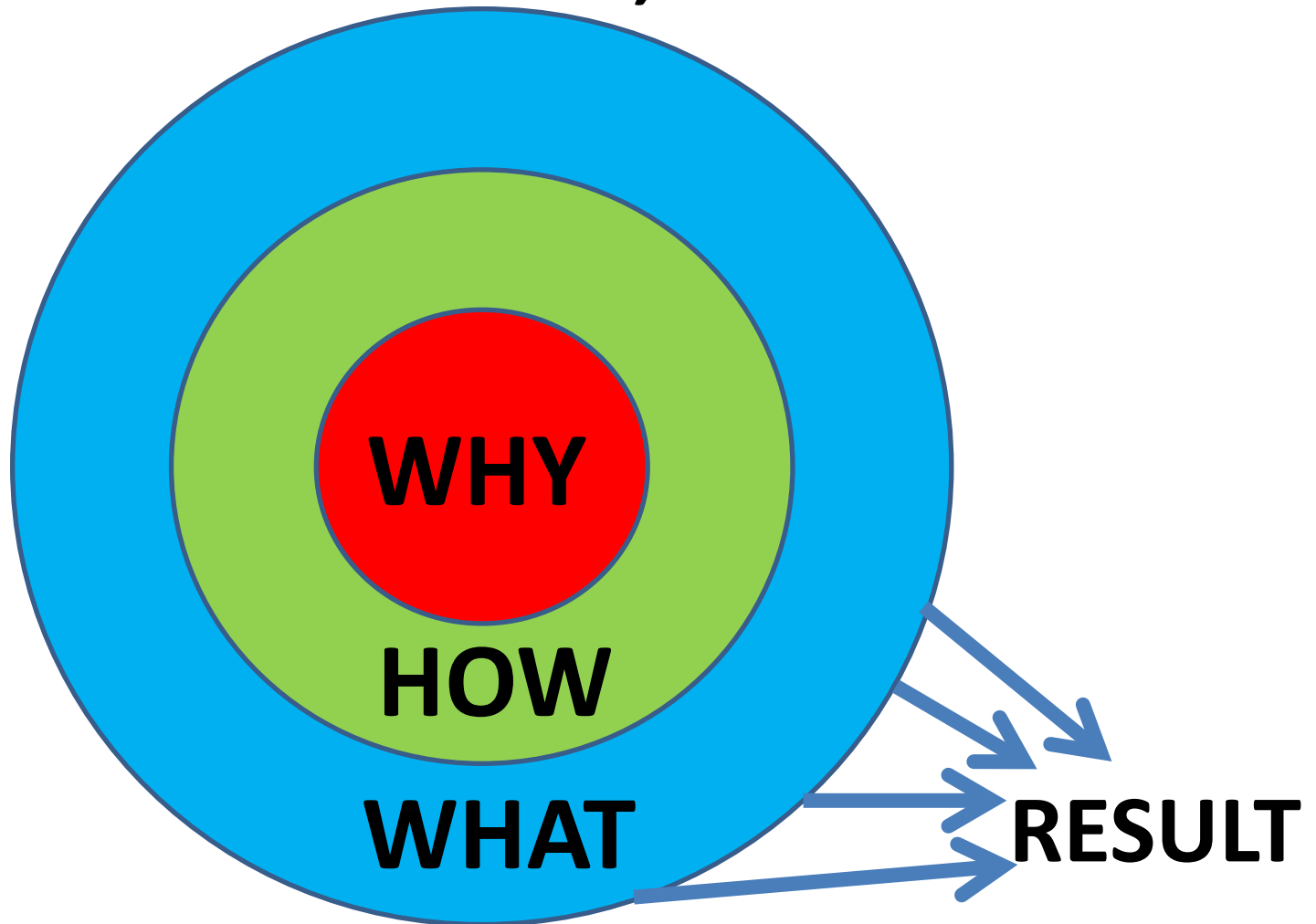


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The Golden Circle

-Simon Sinek, 2010-



Monty Roberts („The Man Who Listens to Horses”) and the Round Pen



- WHY: training horses in a much more effective and humane manner, encouraging true partnership between horses and humans
- HOW: using EQUUS, the discernible, effective and predictable body language of horses
- WHAT: several techniques in round pen, desensitisation, dually halters, long line, etc.

Simple Rules Followed by Horses

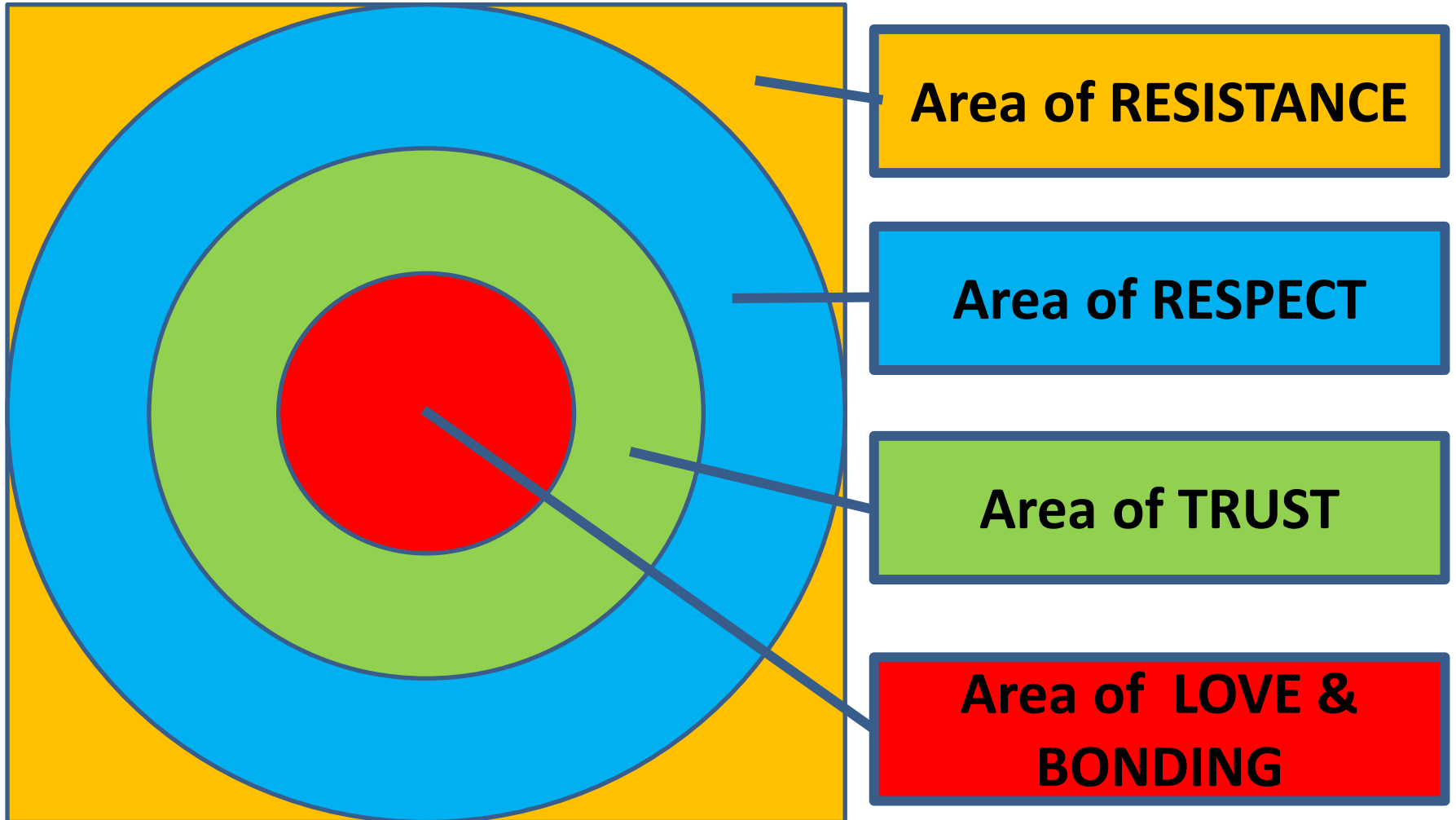
- The herd ensures survival and quality of life
- Leader needed
- The leader makes my legs move
- I accept the leader and cooperate with him/her

The Picadero Exercise (Distance and Nearness) in the HorseDream Concept

- „The purpose of this exercise is to show how successful you can be when you're one hundred percent present and when you use your intuition.
- Explanation: in the picadero you are in an area which for the horse represents his intimate zone. You hold a flag in your hand that you use as a "leading instrument". You want to have the horse moving in a circle around you. You have to feel intuitively how much pressure you have to put on the horse.
- By sending the horse around you, you want to create distance and mutual respect, not fear.
- When you think it's the right moment, you take the pressure off the horse by dropping the flag behind you.
- Notice what happens: the horse might come to you or stand still. Hook the horse and let her/him follow you through the picadero without pulling the rope.
- The exercise ends as soon as the horse does not follow you anymore by free will.”

HorseDream Train the Trainer Manual

Round Pen and Picadero



When focus is switched from horse to human, JoinUp is transformed to JoyUp



Guidelines for all Picadero Variations

- Personal problem / question of the client
- Design adjusted to that
- In the Picadero: getting closer to personal WHY (the horse is the coach)
- Right after the Picadero: debriefing discussion on HOW (the coach is the coach)
- Follow up: supporting transfer to everyday life/work (WHAT)

Let's See, How It Works in Practice - Brief Case Studies and illustrations -

- Helicopter – using all 3 (Golden) Circles
- Gino – work with WHAT
- Gyula – work with HOW
- Viktor – work with WHY
- GVH – group-work in Picadero