

## Stress Management and Recreation Leadership Program...

...to get inspiration to enrich stress management techniques and to be aware of the importance of personal burn-out prevention.

In the company of horses living in their completely natural environment, city people are able to get rid of the stresses of everyday „rat race” and rush. Spending time together with horses in this Program is not only the way of active relaxation and recreation, but also a possibility to find and strengthen new ways of stress management. The participants become able to explore and mobilize their inner sources of energy and implement these into their everyday leadership practice. Horses are compassionate teachers of basic life and leadership stress management skills.



Stress and burn-out are both dangers of people managing projects and leading other people. Conscious detection of stresses, self-diagnose of burn-out, exhaustion and depersonalisation means not only to defend ourselves from decreasing performance and emotional lability, but also helps us to utilise the power of eustress, prevent psychosomatic illness, optimize emotional tension and reach the state of Flow – all tools and skills of an effective, satisfied and successful leader.