



David Harris: Horses Can Change Your Career, Making the Unseen Body (That's in Plain View) Obvious



David is an internationally acclaimed trainer, speaker and coach. He has over 29 years of experience in the corporate world with focus on leadership, experiential learning and high performing teams. Find out how a horse changed his life and how to be present, mindful and embodied in times of stress.

TOP EMBODIMENT TIP: Find a horse! Really notice your breath - it brings you into presence. Breath, feelings and emotions are data and we can do something with them and utilize them for the good.

Introduction: A Story of Man and a Horse

- Twenty years ago, while working in the corporate sector, David was outwardly successful, but inwardly scared, stressed, exposed, vulnerable and alone.
- He attended an NLP leadership training course which shifted his understanding of leadership and he started doing leadership coaching with horses.
- Working with a horse named John-Joe, David noted that it was like he could see inside me and projected what I was feeling back to me. I realized how the body really could lead us into places that the mind, alone, could not.

Horses and Leadership Strategies: The Language of Horses is Energy

- Horses manage their energy efficiently and look out for each other.
- Their world is one of constant change. By noticing what is happening for themselves and their environment, horses are able to sense and respond to what is required in the moment.
- **Horses understand the energy that is generated through interaction.**
- In workshops, energy, states, and moods are data that we need to pay attention to.
- When we step into authenticity, into our congruent aligned place, magical things happen.

Embodied Leadership:

- **Leadership** for many people seems to be an outward thing, about leading others. In David's experience what people discover is about their own authentic congruous wonderful self.
- What is being done with the horses is supporting people and tapping into their own **authenticity**, their own congruence. This is completely energetic.
- When we align our body, our thoughts, our language, and our energy - which we would describe as congruence or in alignment - we get into the **state of flow**.
- The horses respond to us when we are in that state in a very positive way; and they'll want to be with us.
- If we're not in that place, the horses will either move away or stand still - they get confused.
- The horses are a wonderful way of mirroring what it is that we're doing non-judgmentally.

Resources:

- ❖ **Website:** horseleadership.co.uk



All Coaching & Therapy Presentations are Proudly Sponsored by

Dylan Newcomb, [UZAZU Embodied Intelligence](#)



Dylan Newcomb: Founder & lead trainer of UZAZU Embodied Intelligence, master embodiment-based coach for helping professionals & cultural creatives, embodiment researcher, and former professional dancer.

UZAZU Embodied Intelligence gives you a clear, integrative model & method for understanding how STATES work: how to identify State Imbalances and how to rapidly shift & re-pattern them, using a set of simple postures & movement patterns. As a Helping Professional, UZAZU gives you **a comprehensive, highly adaptable, embodiment-based methodology** for effectively working with clients on almost any issue—in a way that easily integrates with and amplifies the potency of your existing skill sets.

UZAZU founder Dylan Newcomb is leading a 3-day live, online training this November 19-21, which will teach you all about embodied states and how to access and re-balance them—both for yourself and with your clients. **UZAZU also offers a FREE Online Embodied Intelligence Self-Assessment**, which you can complete in 10-15 minutes and gives you valuable insight into your own embodied states and patterns. **Visit [Uzazu.org](#) for details!**

UZAZU
Embodied Intelligence

Interested in securing [LIFETIME ACCESS](#) to the Embodiment Conference?



Recordings

Lifetime access to sessions to watch as you please. Video and audio-only options.



Cheat notes

Notes on each session to highlight key takeaways and fast-track your learning.



Bookmarks

Bookmark your favourite tools to jump back whenever you need them.



Learning lists

Bite-size lists to help structure and guide your learning.



Recommendations

Find new teachers and discover topics personalised to your tastes.

[Get lifetime access now](#)