

As seen in



## Trinity Horse Farm LLC

*Where horses are making a difference!*

*Submitted by Catherine Poland*

Trinity Horse Farm LLC is an Equine Assisted Growth and Learning Center where horses are the source of inspiration. The horses encourage us to think about life in different ways that help expand our knowledge of what is possible. The focus is not on riding the horse but where participants have to engage the horse in an activity from the ground. The horse related activities provide individuals with unique, unforgettable learning experiences in self discovery.

### One Persons Self Discovery

At the start of The Herd<sup>sm</sup> Identity Workshop one of the participants shared with the group that she was having communication issues with her staff at work and was attending the workshop to improve her communication skills. As the participants entered the arena the horses were chasing each other around and somehow the one horse was named the "Bully". Needless to say the name "Bully" stayed with this horse throughout the workshop. The group participated in three activities with the horses and at the close of the workshop they were all sharing their experiences. The woman who shared having communication issues said: **"During this workshop I realized that I am the "Office Bully" at work!"** She also commented that this experience gave her insight as to

what she would have to do back at the office to change her image of the "Office Bully".

Catherine M. Poland is the Founder and President of Trinity Horse Farm LLC. She combines her professional career experiences and educational background including an MBA from Baldwin Wallace College with over three decades of horse knowledge. Catherine is certified in Equine Assisted Psychotherapy and has developed and implemented the following programs:

- The Herd<sup>sm</sup> Program - Equine Assisted Psychotherapy
- Herd Dynamics<sup>sm</sup> - Corporate Team Building and Leadership
- The Herd<sup>sm</sup> Experience - Equine Assisted Growth & Learning



## Trinity Horse Farm, LLC



### The Herd<sup>sm</sup> Identity

May 5, 2007

1:00pm - 2:00pm

This workshop is geared toward personal development and growth.

### The Herd<sup>sm</sup> Social

May 21, 2007

1:00pm - 2:00pm

This workshop is for women who want to have some fun and rejuvenate their spirit.

### The Herd<sup>sm</sup> Gathering

May 19, 2007

1:00pm - 2:00pm

This workshop highlights fun activities for families where the focus is on healthy relationships.

2536 Columbia Rd.,  
Medina, OH 44256

For more information please call

330-483-3601