



## CONTACT DETAILS

Contact us to find out more about our exciting, horse-powered corporate days and what we can do for you.

### FACEBOOK MESSAGE

@penshaw.equestriancentre

This is the best method for contacting us, as we don't always get to answer our phone and email messages what with running around with all of those horses!

### EMAIL

Please contact [jengreen@penshaw-equestrian-centre.co.uk](mailto:jengreen@penshaw-equestrian-centre.co.uk) if you would prefer to email us.

### TELEPHONE

You can call us on 0191 584 4828 although it sometimes takes us a while to pick up messages.



**CORPORATE TEAM BUILDING  
DAYS WITH HORSE POWER!**

**USE THE POWER OF  
HORSES FOR:**

- **TEAM MORALE AND BONDING**
- **LEADERSHIP**
- **GETTING TO KNOW YOUR TEAM**
- **CONFIDENCE BUILDING**



At Penshaw Equestrian Centre we are pleased to offer corporate team-building days with a difference.

Using the therapeutic, physical and psychological power of horses, we can deliver corporate team-building days that allow you and your team to:

- Develop team morale, bonding and respect for others
- Develop individual morale, confidence and patience
- Develop confidence and leadership skills
- Enable you to learn more about your colleagues and their skills and abilities

With a tested format of activities, we have developed sessions that will comfortably stretch your team and their understanding of themselves and others, in a safe and friendly environment and format.

A mixture of physical and mental problem-solving activities encourage both independent and team thinking, with a healthy measure of horses thrown in to give an extra dynamic to your day.



## **YOUR SAFETY**

Your safety is paramount to us. All of our staff are fully qualified and we are a BHS-approved equestrian centre, meaning that we are regularly audited and rated by the British Horse Society. We are proud to currently hold the highest rating possible. We are a fully insured riding school, who have been delivering safe and suitable tuition to our customers for decades.

Your team will receive full instruction and safety induction on the day, and we will contact you in advance to understand any special circumstances or medical considerations.

For those unfamiliar with horses, then riding can understandably be a scary prospect. We are completely used to this and our staff make it their priority to ensure clients are comfortable with the horses. We take things slowly and carefully on the day, with activities staged to gradually increase the contact with horses.

### THE ACTIVITIES

The perfect combination of actual riding and working with horses, combined with tried and tested corporate team-building exercises. These are our core activities based around a 10am – 3pm session including lunch and breaks, but bespoke days can be arranged.

### PONY PERSONALITIES

A classroom-based task that provides a perfect ice-breaker to the day and reveals the hidden personality characteristics of your team. Ideal for bonding, confidence and individual morale.

### MANURE MINEFIELD

Build trust in each other with this blindfold task where you can develop leadership skills and respect for others.

### HORSEHEAD CHALLENGE

Out-of-the-box thinking required for this activity, where teams have to work together for the solution, building bonding and patience.



### RIDING SESSION

Your team will get the chance to have a full group riding lesson on the day and will have learnt to mount, walk, turn and trot by the end of the session!

### HORSE TUG-O-WAR

Can your team work together as the perfect partnership with your horse to gain their trust in order to win the task?

### YOU CAN LEAD A HORSE TO WATER

Trust and leadership skills are developed in this fun and unusual team challenge.

### UP MANURE-CREEK WITHOUT A SADDLE

A real mental challenge within teams to learn all about each other and how to work together effectively. Perfect for developing respect and learning about each other.

### **LUNCH AND COMFORT**

You will receive full information for you and your team prior to the day, including;

- What to wear and bring on the day. (We have riding hats here.)
- Information we need beforehand
- Your times and agenda for the day

We can provide a packed or pub lunch with our local catering partners. We also have a snack vending machine on site for use throughout the day and breaks.

We have a set area for comfort breaks throughout the day, in addition to our designated classroom area. There are clean and well-maintained toilets on-site.



### **PRICES**

Our standard corporate package from 10am - 3pm, has the following price options:

**CORPORATE PACKAGE INCLUDING PUB OR PACKED LUNCH £65PP**

**CORPORATE PACKAGE WITHOUT LUNCH £60PP**

Corporate days are for a minimum of 6 people.