

Possibilities Farm: A Childhood  
Dream Come True



Combines all of the magic and wonder of childhood with powerful transformational tools that bring out the best in humans through joy-filled interactions with horses.

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**POSSIBILITIES FARM, LLC**  
Explore the Magical Connection  
Between Humans and Horses (On or Off the Farm)



Located in Ancramdale, NY  
(virtual sessions available worldwide)

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## Overview



- The Natural Wisdom of Horses
- Horse Wisdom for Self-Care
- Horse Wisdom for Healthcare
- Meditation

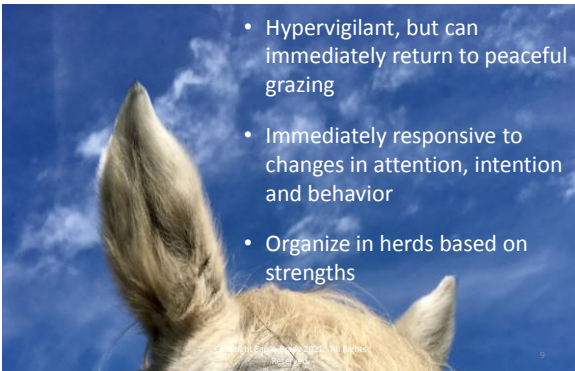
## The Natural Wisdom of Horses



- Prey animals
- 100% authentic and congruent
- Live in the present
- Resilient
- Non-judgmental

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## Unique Perspectives of Horses



- Hypervigilant, but can immediately return to peaceful grazing
- Immediately responsive to changes in attention, intention and behavior
- Organize in herds based on strengths

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## Horses Help Humans Thrive v. Survive

- Survive: “manage to keep going in difficult circumstances” or “continue to live or exist in spite of danger or hardship”
- Thrive: “to grow or develop well or vigorously” or “flourish, prosper, be successful”



## Horses Expand Possibilities

Candy  
Sour  
Sugar  
Bitter  
Good  
Taste  
Tooth  
Nice  
Honey  
Soda  
Chocolate  
Heart  
Cake  
Tart  
Pie

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## Were these words on the list?

*Taste*

*Point*

*Sweet*



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### Learn to Listen Like a Horse

One of the great gifts of horses is that they listen to you in a different way than people do.

Horses are perceptive and detect subtle changes in attention and intention.

Horses see through your words. They can feel your heart rate and your respiration.

Horses don't judge you or infer future behavior based on your past.

Horses see all the possibilities in you in every moment.

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### Assume Positive Intent

Get curious about unexpected behavior



### Horse Wisdom for Self-Care



### Prioritize Your "Daily Salt"

*A Secret Ingredient to Make Every Day Better*



### Balance Your "Diet"

*What experiences and messages are you feeding yourself?*



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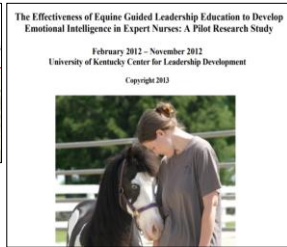
### Create Calm Down Cues

*The Power to Calm Down Is In Your Hands (and Your Lungs)*



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## Horse Wisdom for Healthcare: New Teachers with Powerful Insights



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## What Healthcare Sometimes Feels Like (For Patients and Staff)



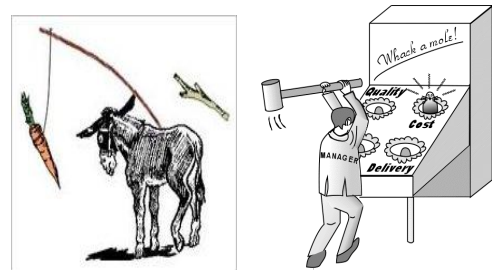
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## What Healthcare Could Feel Like: A Cohesive Herd



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## Change the Approach to Motivation and Prioritization



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## Set Your Course by Guiding Stars

- What is the equivalent of your north star – the thing that is most important to you in decisionmaking?
- In a team, does everyone agree on what the guiding stars are?



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## Common Guiding Stars (for Horses and Humans)

| Priority       | Key Question   |
|----------------|--|
| Survival       | <i>What are you afraid of?</i>                                   |
| Responsibility | <i>What is your primary responsibilities to your human herd?</i> |
| Joy            | <i>What delights you?</i>  |

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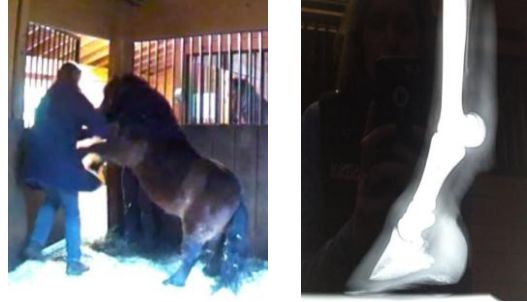
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### Meet Paddington



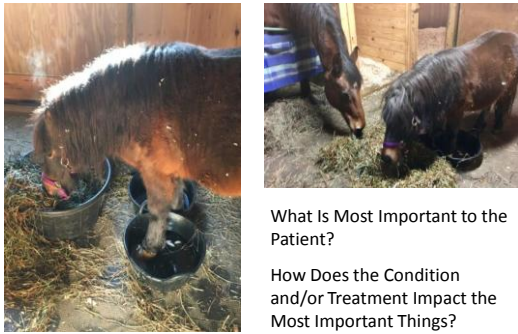
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### Paddington as Patient: A Willing Partner or a 350 Pound Challenge?



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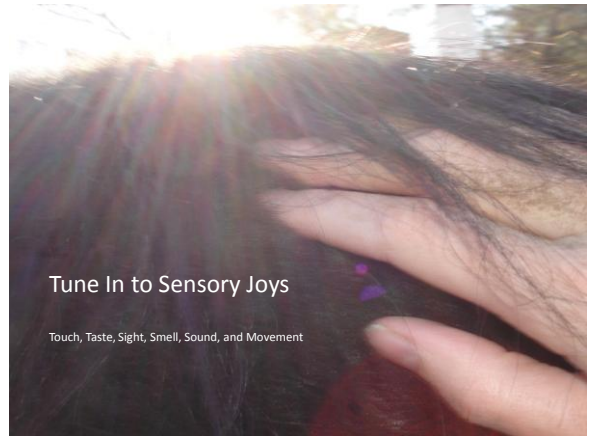
### Imagine Every Patient As A Horse



What Is Most Important to the Patient?

How Does the Condition and/or Treatment Impact the Most Important Things?

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Tune In to Sensory Joys

Touch, Taste, Sight, Smell, Sound, and Movement



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