



What can you learn?

- how to be more intentionally focused
- how our body language conveys meaning and energy
- better communication methods
- how to be open to feedback through improved listening
- the difference between assertiveness and aggression
- how to monitor and slow emotional escalation for positive results

Why work with horses?

They are honest and present so what you see is what there is.

They give you immediate feedback.

They desire our leadership.

They are loving and demonstrative; you will know where you stand.

They don't judge your appearance.



For more information:

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Horse and People Project



It's all about the relationship.



What can you expect?

"You can learn it right away. It's a self reflection...how can I be better with other people?"

**- Valerie O., Author
Bowie, MD**

"Demonstrations like this can help people learn how to manage better and develop leadership skills."

**- Rik S., Business Owner
Crofton, MD**

"I saw that the connections are there; you just have to listen for them."

**- Kathryn W., Activist
Guilford, CT**



Greetings From the Round Pen

Fifteen years ago, I started working on this project and it has been a path for many wonderful discoveries. What I've learned working with horses has distinctly taught me how to be more self-aware and to effectively relate to others.

Realizing that I could join with a 1,000+ pound animal and find a place of sincere and purposeful communication changed my life. I'd like to share what I've learned with you.

As a team or individual participant in the Horse and People Project, you will learn how you can work more joyfully with others and use your energy and intention to develop fair and thoughtful leadership.

Let's see what we can discover...together.

Maria

Learn how partnering with horses can enrich your communication and relationships.

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It's all about the relationship.



**Maria Alessandri
Founder, Teacher**

Maria's love of horses began at an early age when she volunteered to work with the U.S. Park Police's mounted unit in New York City. Throughout childhood, Maria observed horses and their clear ability to convey a message.

Though she received her MBA and worked in a corporate environment for many years, Maria never lost her passion for horses. In 2012, she opened Back Fields Farm, LLC: a twenty-acre horse boarding and training facility in Davidsonville, MD.

Today, through the Horse and People Project, Maria blends her experience, knowledge, and horsemanship to guide people toward self-awareness and stronger leadership.