

# Think Outside



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Our Perspective is Dependent on Where We Sit

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We believe our office walls create barriers to creative thinking.

Read on to find out what you can do to get out of your box and Think Outside!

### Look for us in Garrett College Open Enrollment

Prices listed are for  
Maryland state residents

09/22/09 -  
[Organizational Culture](#):  
\$59

10/02/09 - [Walk in the  
Woods](#): \$45

10/03/09 - [Your  
Communication Style &  
Team Development](#):  
\$89

11/05/09 - 11/12/09 -  
[Breakthrough Thinking  
for Today's Challenges](#):  
\$65

## ABOUT US

Think Outside is an innovative business and organization development consulting firm located here in Garrett County. We know times are challenging... that is why it is even more important than ever to invest in your biggest asset - your people. Keeping and developing your best people gives you the edge it takes to succeed now and into the future.



Take a look at a few of our courses being offered through Garrett College over the next couple of months, as well as our restful, Equine Stress Relief Package. These are just a couple of the INEXPENSIVE ways we can help your business succeed.

Try something new... Think Outside!

## EQUINE STRESS RELIEF PACKAGE

By interacting with horses you can feel your stress just disappear. Horses have a strong sensitivity to human behavior and know when we are stressed. They respond by mirroring our emotional state, which can help us learn to become calm or relaxed.

This package includes:



## Equine Stress Relief Package

10/01/09: \$99 per month

- Unlimited visits to the barn to spend time with horses.
- Two facilitated sessions a month on different topics -- i.e., communication, stress relief techniques, leadership, assertiveness, trust and relationship.
- Safety Briefing about interacting with horses.

You may visit your horse at any time between the hours of 10:00 a.m. and 6:30 p.m. to groom, lead them on a walk, or just hang out. See for yourself how these magnificent animals can be our teachers.

This is a monthly subscription and the cost of this program is \$99 per month. You may cancel at any time.

## **COURSES OFFERED AT GARRETT COLLEGE**

### **Organizational Culture:**

#### **What it is and Why You Should Care**

In this short overview of organizational culture, participants will learn what organizational culture really is, why it is so powerful, and why you must understand it to be effective in today's environment. No matter if you are a business owner, leading a nonprofit or working as a manager, organizational culture may be your single biggest ally or enemy. In this interactive course, we will review the literature that has influenced our contemporary thinking about culture, and an approach to describing/assessing organizational culture. Participants will discuss a short case study that focuses on helping one describe a specific organizational culture. We'll end by identifying next steps participants could take in their own organizations.

### **A Walk in the Woods:**

#### **Stress Relief Techniques in Nature**

In this workshop, we use a series of peaceful outdoor exercises to focus on contemplative practice and sensory awareness. Participants learn to use their bodies (their senses) to "be present", to operate in the here and now; participants will also learn why these exercises can help reduce stress. There is almost never a time at work when we are able to focus our complete attention and our whole brain (left and right sides) to a problem or issue. Exercises taught in the short course can help participants change this as well as providing a few stress relieving techniques. This course will take place at Fork Run or Swallow Falls ; students will be notified of location at the time of registration.



### **Your Communication Style and Developing Your Team:**

#### **An Equine Assisted Course**

This unique full day course uses the incredible sensitivity of horses to teach participants about communication, both verbal and non-verbal. The program demonstrates the importance of knowing how to engage in different leadership styles based on an understanding of individual differences. The course also gives participants an opportunity practice their observation skills as well as the ability to change style of interaction while be authentic to their own feelings. Over millions of years horses' survival has been based on their ability to read the "intent" of other animals (is that tiger here to attack, or to get water?). Without a complex verbal language, horses are nonetheless able to communicate with one another with subtle, and sometimes not so subtle, cues. Our long and close connection with the horse has bred a particular sensitivity to our body motions and desires. This program takes the characteristics of horses and intentionally uses them to create mirrors for program participants. The

program does not involve riding and requires no prior horse experiences. Staffing for the program includes an equine specialist as well as program facilitator. Partners for this program include Broken Spoke Stable in Pleasant Valley , and Sheryl Jordan, equine specialist.

### **Breakthrough Thinking for Today's Challenges**

This fun and exciting six hour program is focused on teaching techniques for more creative, strategic and breakthrough thinking. We teach specific exercises to help strengthen your creativity and ideas for using outdoor experiences to help generate breakthrough ideas. We'll engage your whole-brain through interactive experiences as part of learning to "open up" to the creative possibilities. We'll also review some of the latest research on the brain, the creation of 'neural pathways', and tapping our creativity.

### **SIGN UP FOR OUR E-NEWSLETTER!**

Please sign up below for our e-newsletter. I promise we'll keep things brief and to the point. I sincerely hope you'll find this and future e-newsletters useful. Let me know what you think and how we can better serve you.

To continue receiving interesting articles by Think Outside, which will include a calendar of upcoming outdoor events in Garrett County, please click on the link at the bottom of this email titled "[Confirm to list: Think Outside.](#)" You may also use this link to unsubscribe.

### **CONTACT US**

Visit our website at [www.ThinkOutside.net](http://www.ThinkOutside.net) or email us at [Info@ThinkOutside.net](mailto:Info@ThinkOutside.net).