How You Can Learn Office Dynamics by Working with Horses

We all know how therapeutic horse riding can be.

[Julie-Anne Griffith](https://www.linkedin.com/in/julie-anne-g-2459813?miniProfileUrn=urn%3Ali%3Afs_miniProfile%3AACoAAACtbBUBEBYiwKmMmHj_c_Wwnvh47OOE5wE) took a step further and realized that not only can you feel better by being with horses, but you can also learn about real-world situations from them.

And that’s why she founded Equi-Scotia.

[Equi-Scotia CIC](https://www.linkedin.com/company/equi-scotia/) is a Scotland-based venture that teaches people learning and development skills by interacting with horses.

In this episode, we discuss:

* How big proportionately Scotland’s horse riding space is compared to its entire population.
* How being with horses is a therapeutic alternative to anti-depressants.
* How CEOs can learn about managing people by working with horses.
* What “train the trainer” is and how it can make you successful.
* And more.

Listen to this episode on [Spotify](https://open.spotify.com/episode/6WPIoWB1RvOlJgXSqJpF7F?si=BEBhYwDJSC6T2ljy9l7Kkw), [Apple](https://podcasts.apple.com/us/podcast/how-you-can-learn-office-dynamics-by-working-with-horses/id1563230709?i=1000627581792), or wherever you listen to your podcasts.

Be sure to follow The Pegasus Podcast’s official [Instagram](https://www.instagram.com/thepegasuspodcast/) and [TikTok](https://www.tiktok.com/%40thepegasuspodcast?is_from_webapp=1&sender_device=pc) for new episode updates and highlights from each show.



**Before you listen**…As an avid eventer, you may have heard of the equine regenerative medicine device [Pro-Stride APS®](https://www.zoetisus.com/products/horses/equine-regenerative-medicine/pro-stride-aps?utm_source=www.theoxer.com&utm_medium=referral&utm_campaign=how-you-can-learn-office-dynamics-by-working-with-horses) (autologous protein solution device)available through your veterinarian.

But did you know the company behind Pro-Stride has been by the side of horses and their caregivers for more than 70 years?

Be sure to visit [ZoetisEquine.com](http://zoetisequine.com/) or follow **@ZoetisEquine** on [Facebook](https://www.facebook.com/ZoetisEquine) and [Instagram](https://www.instagram.com/zoetisequine/?utm_source=www.theoxer.com&utm_medium=referral&utm_campaign=how-you-can-learn-office-dynamics-by-working-with-horses) to learn more.