

Equine Alchemy's Schelli Whitehouse and Lisa Murrell to be Featured on CUTV News Radio

RALEIGH, NORTH CAROLINA, USA, May 21, 2015 /EINPresswire.com/ -- It's been said there's something about the outside of a horse that's good for the inside of a person. Indeed, horses can serve as a mirror, reflecting our attitudes, intentions and emotions, teaching us truths about ourselves we may not have been previously aware of.

Schelli Whitehouse and Lisa Murrell are partners in coaching, leadership development and training through the way of the horse. Their company, Equine Alchemy, specializes in "turning human potential in gold" through a process of Equine Assisted Coaching and coach certification training.

"I started to follow my heart and figure out what it is I wanted to do in the world and how I could contribute," recalls

Schelli. "I needed to make sure it was something that would sustain me, and the two things that had meaning for me were personal development and horses."

Schelli was first introduced to this work through an organization called Eponaquest founded by Linda Kohanov. Considered by many to be the grandmother of equine assisted learning, Kohanov brought a deep understanding of how horses can facilitate learning in humans.

"The facilitation with the horses was used as an adjunct to the coaching training," says Schelli. "It was an opportunity to experience being with the horse and helping another person through how that person was influencing the horse's behavior based on their emotions and actions."

It was through this course that Schelli met her future partner Lisa Murrell, who conducted Eponaquest's Coaching Through the Way of the Horse program. Lisa had already been a coach for 15 years in executive and business coaching when Lisa developed the program with Linda co-facilitating. Schelli was a student in their very first class.

"I was a great coach but I don't believe I became a masterful coach until after I began working with horses," says Lisa. "They are the best teacher of coaching because you enter a different dimension with them through intersubjectivity."



Intersubjectivity is the sharing of subjective states by two or more sentient beings; a state we can learn from working with these equine connectors.

As people we're often very conflicted; we think one way but behave in another. Horses, by contrast, perceive the world energetically and respond through intention. By inviting the horse into the coaching process, we can see if a person is in alignment simply by the horse's behavior. When our behavior is aligned with our heart and feelings, the horse responds to that consistency and they're more likely to follow our lead.

Upon completing the course, however, Schelli says she still had no idea how to bring in clients and build a practice, a problem many coaches face. So she signed up for another training program on how to market a solo practice. Soon after, she started bringing the work with horses into her coaching practices and holding workshops around branding and language. In 2013, she and Lisa decided to merge. Today, coaches can leave Equine Alchemy's program with an understanding of how to define their coaching practice and attract new clients.

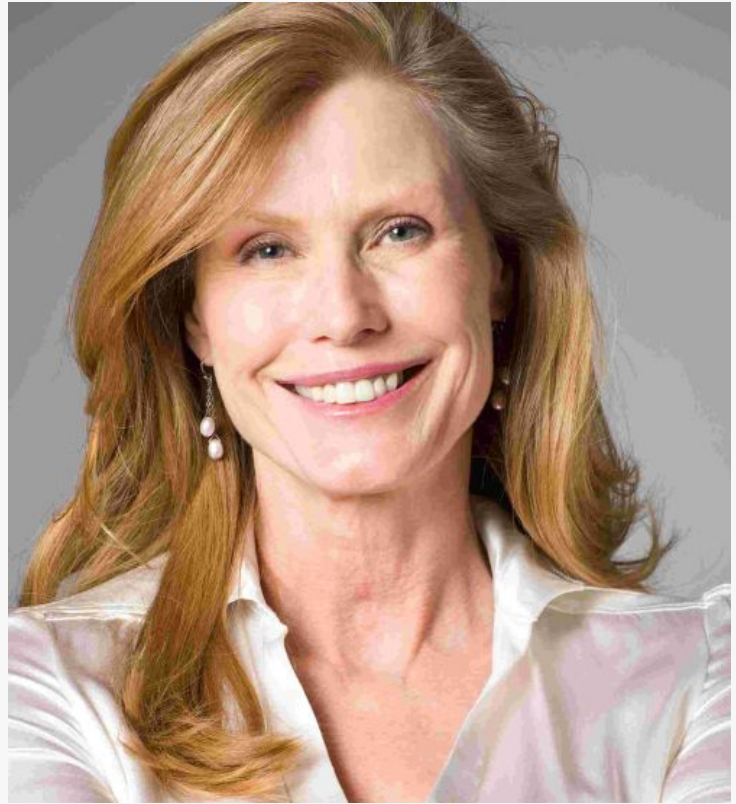
"We want to empower as many people as we can in learning how to facilitate this work," says Schelli. "Whether they use it in their coaching practice or not, when they go through the training they can't but help but be infused with the wisdom of the horse."

"I love who I am while I'm doing it," says Lisa. "I'm never as balanced as when I am around horses."

CUTV News Radio will feature Schelli Whitehouse and Lisa Murrell in an interview with Jim Masters on May 25th at 2pm EST.

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Horses are the best teacher of coaching. You enter a



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If you have a question for our guest, call (347) 996-3389.

For more information on the Equine Alchemy, visit <http://www.equinealchemy.com>

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different dimension with them.

Lisa Murrell