

DH RANCH

WWW.DHRANCH44.COM

53 Cattle Dip Road, Tsuut'ina Nation

T3T 0A8 ~ Email: dhranch44@gmail.com ~ Telephone: 639-205-7742

NOW BOOKING
Corporate Experiences
MAY & JUNE 2026

Limited dates available • Reserve early to secure your team experience

Team Building

LIKE NO OTHER!



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Sample Agenda

Arrive 9:30 AM (Prayer, Smudge, Welcome)

Breakout Sessions: Depending on Group Size

1. **Spirit of the Horse (Arena)**
2. **Diversity Awareness Presentation (Barn)**
3. **Traditional Games**
4. **Power of a Circle - Closing**

Session Times:

10 AM - 10:50 AM (10 Min Break)

11 AM - 11:50 AM (10 Min Break)

12:00 -12:30 PM Catered Lunch (Optional)

12:30 - 1:30 (10 Min Break)

1:40 - 2PM (Power of Circle Closing)

Team Building Experience Descriptions

Spirit of the Horse (Arena)

Participants work alongside horses to build awareness, trust, and communication. Horses respond to energy, body language, and intention, helping individuals understand leadership, teamwork, and self regulation in a real and immediate way.

Diversity Awareness Presentation (Barn)

An engaging and honest conversation grounded in Indigenous perspectives. Participants learn about history, identity, and the impacts of colonization, while building understanding, respect, and awareness that can be carried into their workplaces and communities.

Traditional Games

Participants take part in Indigenous games that focus on teamwork, strategy, and connection. These activities create a fun and inclusive environment while reinforcing cooperation, communication, and shared success.

Power of a Circle – Closing

The day closes in circle, creating space for reflection, sharing, and connection. Participants are invited to speak, listen, and carry forward what they've learned, reinforcing respect, voice, and community.



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Team Building Day

This special day combines Spirit of the Horse activities, Indigenous and Diversity Awareness Education, and cultural experiences to foster a deeper understanding of Treaties, Residential Schools, and Truth and Reconciliation.

Pricing

Plus

Catering

1-18 People \$8,650

1-18 People \$30/Person

19-30 People \$10,812

19-30 People \$30/Person

31-50 People \$13,515

31-50 People \$30/Person

Availability Dates:

May, June, July, August, & September

Company Name: _____

Contact Name: _____

Phone Number: _____

Email: _____

How Many Staff: _____

Booking Date Option 1: _____ Booking Date Option 2: _____

Catered Meal Yes/No

Allergies: _____

Accessibility: _____

Lunch: Participants are welcome to bring their lunch and eat at the ranch or we do offer catering. We have several picnic areas at the ranch to picnic.

Coffee/Tea and Refreshments available throughout the day. No Open Toed Shoes. Dress for the Weather (Chilly Mornings)



Team Building
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Team Building Day - Objectives

- **Cultural Awareness:** To promote cultural sensitivity and understanding among participants through immersive Indigenous experiences and education.
- **Promote Reconciliation:** To facilitate discussions and activities that encourage dialogue and reflection on the history of Treaties, Residential Schools, and Truth and Reconciliation in Canada.
- **Strengthen Community Bonds:** To create an inclusive environment that brings diverse individuals and communities together, promoting unity and solidarity.
- **Empower Through Horse Activities:** To instill confidence, teamwork, and leadership skills in participants through Spirit of the Horse activities, promoting personal growth and empowerment.
- **Preserve Indigenous Heritage:** To honor and celebrate Indigenous cultures, traditions, and knowledge, emphasizing their significance in Canadian history and society.
- **Facilitate Healing:** To provide a safe and supportive space for individuals to share their experiences, stories, and emotions related to Residential Schools and the path towards intergenerational healing and reconciliation.
- **Inspire Ongoing Learning:** To encourage continued exploration and education on Indigenous history, diversity, and the journey towards Truth and Reconciliation beyond the event.
- **Gifts of Communication:** To explore the valuable lessons in communication derived from observing horses' flight, fight, freeze, and fawn responses to fear, and apply these insights to enhance our interactions with various individuals, including our children, coworkers, and family members. The objective is to empower participants with effective communication strategies, fostering better understanding and connection in diverse relationships and contexts.

Team Building

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DH RANCH

Sonya Dodginghorse



Sonya Dodginghorse
DH Ranch, Owner/Facilitator

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639.205.7742

www.dhranch44.com

Sonya Dodginghorse is the owner of DH Ranch, she merges her expertise in teaching with her love for horses to offer unique programs that promote Indigenous culture and history. With 21 years of experience as a teacher and a Bachelor of Education, Sonya is dedicated to using her skills to help others heal and grow through horse-assisted programs. She has an Addictions Counselor certificate to expand her knowledge and impact. As a professional barrel racer and two-time INFR World Barrel Racing Champion, Sonya is a role model and advocate for Indigenous women and youth. Through Intergenerational Healing retreats, Sonya uses the power of the horse spirit to empower and inspire the next generation.



DH RANCH

Brent Dodginghorse



Brent Dodginghorse

Co-Owner/Facilitator

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Brent Dodginghorse is a former professional hockey player who has also made a significant impact in his community through his work on council and as an advocate for youth. As a professional hockey player, Brent had a successful career on the ice, earning recognition for his skill and dedication. After retiring from professional hockey, he turned his attention to serving his community, and was elected to council where he served for nearly 2 decades. In addition to his work on council, Brent is also a two-time steer wrestling world champion, and he used his platform and influence to become an advocate for youth in his community. He is passionate about educating the next generation about racism, indigenous culture, and diversity, and works tirelessly to create a more inclusive and equitable community for all. Throughout his life, Brent has been a role model and leader, both on and off the ice. His dedication to his community and commitment to making a positive impact is an inspiration to many.



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