



Nestled into the Onkaparinga Hills just 25min from Adelaide's CBD, *Way of the Horse Coaching* has a proven track record in assisting young people to improve wellbeing. The horses increase the students confidence, enable a better understanding of emotions and assist in developing non verbal and verbal communication skills. Our programmes provide young people with resilience and confidence..

Way of the Horse Coaching facilitates a connection between young people and horses in a beautiful natural setting. The horses provide a unique non-judgmental and non-verbal environment for our young people to grow.

## OUR FOCUS:

- Awareness and focus on young peoples well being
- Increased ability to recognise and regulate emotions
- Development of verbal and non verbal communication skills
- Increasing the confidence of young people
- The use of grounding exercises in everyday situations

## SUPPORT FOR OUR MODEL:

The building up of relationships, trust and attachments to the horses appeared to be linked to facilitating the young people's ability to participate in activities which then enabled them to gain additional benefits, such as the development of empathy, which is suggested as being important to resilience and healthy development.

Burgon, Hannah. *Equine-Assisted Therapy and Learning with At Risk Young People* (p. 104). Palgrave Macmillan UK.

## Equine Learning and Wellbeing

### & Equine Learning and Leadership

Confidence building, Communication skills and Emotional regulation for everyday living

8 Week programme Term 1 2024

Starting Monday 5th Feb 9.30 - 11.00am (under 14yrs)

Wednesday 7th Feb 11:00 - 12:30 (14yrs and over)

Equine Learning and Leadership Thursday 8th Feb 11:00 - 12:30

### Students who participate in our wellbeing programmes learn;

- Confidence and self esteem development
- How verbal and non-verbal communication affects the horses and relate this to how their own behaviour impacts those around them.
- Understanding emotions and interception (sensations in the body) through practical exercises and observing the horses and their reactions.
- Understanding emotions and accompanying behaviour
- Providing students with information about the different personalities and characters of the horses, the behaviour of each horse and how we relate to them.
- Guiding students through mindfulness: come into the moment moving away from thoughts of the past or future.
- Helping students to recognise how being outdoors reduces anger, fear, and stress and increases pleasant feelings and calmness.
- Teaching students how they can use nature to help regulate emotions and behaviour
- Relationship development providing students with information about the different personalities and characters of the horses, the behaviour of each horse and how to connect with them.

Cost of programme \$375 ( contact for funding options)

## What our young people had to say about Way of the Horse Coaching Programmes

"I have so much more awareness of how my emotions can affect other people and how other peoples emotions affect me"

" I learnt how being silent in nature helped me become present and how I was able to work through negative emotions and co regulate my pony"

" I was so surprised how Chance was calm when I was calm and how he reacted when my mind wander just for a split second"

" Being around the horses makes me so happy I look forward to it each week"