

## Horses Helping People

**Dates: MARCH 2009**  
**Fri 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>**  
**From 3pm to 5pm**

Fri 6th - Session 1:  
Perceptions of Self and Others

Fri 13th - Session 2:  
Asserting Healthy Boundaries

Fri 20th - Session 3:  
Leadership & Empowerment

**Cost: R1,125**  
**Per person for the three**  
**sessions**

- ◆ **Unique experiential learning activity**
- ◆ **No horse experience required**
- ◆ **No riding**
- ◆ **Horses masterfully teach life lessons**
- ◆ **Real and lasting change**
- ◆ **Facilitated by professional psychologists and equine experts**



## Horses Helping People

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# TEEN POWER

## *Developing Personal Horse Power*

Equine Assisted Learning (EAL) for teenagers. Its not about riding, controlling or managing horses. It is about how these amazing creatures can help us learn skills that we can use to empower us for life.

This unique internationally acclaimed experiential learning activity facilitates meaningful change in adolescent behaviour. Through the unconditional and non judgmental nature of horses amazing learning and healing in people is facilitated.

**In a safe, fun and  
challenging environment  
teens are encouraged to  
develop their  
Personal Horse Power**



Implementation of strategies to enhance own and others' self-image through positive actions; Coping with emotions and own response to change; Enhanced decision making skills; Learn to stand ground when necessary; Practice self-care skills; Ask for help when necessary; respect for others and the ability to disagree in constructive ways; Appreciate positive personal qualities in a range of contexts; Respond appropriately to emotions in challenging situations; Learn appropriate behaviour in different kinds of interpersonal relationships

## **Outcomes** (supports the National Curriculum for Life Orientation)

- Increased sense of self.
- Developing and maintaining healthy boundaries.
- Making empowered choices
- Becoming uniquely assertive.
- Increased insight into own patterns of thinking and behaviour.



Facilitated by EAGALA certified professionals Dot Robertson (MA Clin Psych); Sharon Boyce (BSc Psych Hon); Renae Erasmus (NatDip Equine studies)