

Horses Helping People

Dates:

Boys: 13,20,27 Feb 2010

Girls: 6,13,20 March 2010

Time: 9am—12pm

Session 1:
Perceptions of Self and Others

Session 2:
Asserting Healthy Boundaries

Session 3:
Leadership & Empowerment

Total Cost: R1,500
10% discount for full
payment in advance

- ◆ 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

TOAD HALL
96 HILTON ROAD
LINBRO PARK

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SHILLELAGH FARM
PLOT 112, MNANDI ROAD
DIEPSLOOT AGRI HOLDINGS



TEEN POWER I

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.