

Horses Helping People

Dates:

Boys: 1,8,15 May 2010

Girls: 22,29 May, 5 June 2010

Time: 9am—12pm

Session 1:
Unique Problem Solving

Session 2:
Communication & Team Work

Session 3:
Obstacles & Distractions

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

Phone: 083 308 8175 or 084 500 0672 or 083 626 3279

Fax: 0866708235 E-mail: sharuf@mweb.co.za

Website: www.shumbashaba.co.za

SHILLELAGH FARM
PLOT 112, MNANDI ROAD
DIEPSLOOT AGRI HOLDINGS



TEEN POWER II

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.

Experiential Activities

with the horses
increase awareness,
integrity,
respect and trust.



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)

- Identify and evaluate own unique problem solving styles
- Developing creative solutions.
- Increased non-verbal communication skills
- Increased accountability and responsibility for own actions.
- Increased awareness of own contribution to the outcomes of a team.