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## WHAT EXACTLY IS EQUINE-ASSISTED LEARNING?

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Equine-Assisted Learning is a powerful journey of facilitating participants as they learn alternative skills to draw from when faced with difficult challenges in an effort to overcome negative influences. Proven to be effective, powerful, exciting, therapeutic, positive, educational and creative.



Equine-Assisted Learning is an effective approach to human development while working through the dynamics of the horse; making a difference by developing life-skills, special skills and leadership skills; a **proactive approach** to empowering the individual through group interaction.



The Blue Forest Stable Equine-Assisted Learning building block style of learning helps individuals better understand themselves as they participate in team emphasized exercises designed around understanding the nature of "the horse". We call it, "Using Horse Sense".

**Call today** and find out how you can bring this innovative, proactive approach of empowerment to your community.



WHERE HORSES DO THE TEACHING...



### WE WELCOME

This opportunity to introduce you to the Blue Forest Stable Certified Equine-Assisted Learning Building Block Program Series specially designed to develop leadership skills in some, life-skills in those at-risk, and specific skills in participants with special needs in an effort to empower participants of any age or skill level.

### *Finally, a Proactive Approach...*

**The Blue Forest Stable Equine-Assisted Learning Centre's** team of experts will teach you how to facilitate an effective EAL program that will target personal growth and professional development through a series of specially designed interactive exercises. You will learn how to customize learning experiences that focus on enhancing skills to help your community develop better relationships; responsibility and accountability; overcoming personal imposed limitations to growth & barriers to change; collaboration & effective communication; through mutual trust, respect, and integrity.

A unique program & effective proactive approach to empowering a Nation!



### Equine-Assisted Learning Program

*Connecting people with the truthful communicator:*

## THE HORSE

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*Connecting people with the truthful communicator:*

## THE HORSE



Horses don't lie and can't over think a situation. They approach honestly to every interaction. They don't let you cheat and their feedback is instant. Learning to listen to what horses have to say is powerful and can sometimes spur the answer to individual change. Through the discovery of how sensitive horses are we can guide our young students through to becoming better individuals.

## HORSES ARE TEACHERS OF:

Love  
Confidence  
Affection  
Trust

Self-Esteem  
Appreciation  
Communication  
Responsibility

## EVERY COMMUNITY HAS THE OPPORTUNITY TO...

build strength and confidence in their youth by providing an effective equine-assisted learning program delivered through the school, and:



### In School:

- It encourages teacher retention and supports teacher recruitment efforts, and reduces teacher and staff turnover;
- Provides schools with an extension of the classroom (arena), a unique learning environment which encourages youth attendance;
- Expands a teacher's classroom instruction opportunities which enhance project effectiveness;
- Supports school work transition and brings awareness to valued alternative career paths;

### In the Community:

- Increases extra-curricular activity opportunities through conducting EAL workshops, seminars, and other outside programs as well as a whole host of equine events (year round), which provides the EAL program with long term financial solvency;
- Encourages parental and community participation in education; and
- Adds strength, pride with personal & development to a community;
- It provides a strong curriculum with a complimenting educational crossover component that meets challenges facing an ever-changing environment;
- Provides innovative programming support base with continuing education opportunities;
- Allows for language and culture development opportunities that can strengthen the equine program's value.

## INDIVIDUAL BENEFITS



When teams learn to be Herd Savvy, we learn how to value the strength of an individual and the significance each bring to the effectiveness of the herd/community. If we will learn how to put aside the obstacles that

block progress, we then find success while each individual's strength is used for the betterment of the group; thus effectively working as a unit.

Participants will:

- Become efficient communicators and effective communicative listeners;
- Develop healthy relationships and learn problem solving skills;
- Find success over obstacles and learn to appreciate each other;
- Build confidence, self-esteem and overcome fear;
- Develop personal work ethics, responsibility & appropriate assertiveness;
- Observe the nature of the horse and realize it's importance to social success;
- Learn the importance of having; distinct personalities, attitudes & moods;
- Engage in discussion & activity to learn more about the horse & themselves;
- Abilities to be smart risk takers and fair minded team players;
- Ability to create a win/win environment;
- Improve group decision making and problem solving;
- Along with other important personal development and leadership skills.

THE BOTTOM LINE...IT SIMPLY WORKS!

## EQUINE-ASSISTED LEARNING PROGRAMS



have the ability to be a powerful journey of learning and understanding. Horses in this program are powerful teaching tools, they immediately respond to what the participant is doing. Facilitators are trained to look for those "teachable moments" that the horses identify. Quite simply, the horse does the teaching; facilitators are there to provide an explanation and offer guidance to individuals while working in a group to find a solution.

The single most asked question is why are horses used? Horses are extremely sensitive, aware of their surroundings and quick to react. For their mere survival, a wild horse must constantly be on guard, through herd training they gain trust and respect for each other. Nature provides them with instincts and senses that are very astute. They watch for the slightest movement and look for threatening body posture. Horses know how to discern the difference between a calm non-threatening approach and anxious, nervous energy. However, every horse is different and teaches each participant something unique.



To understand how this process works we must first realize how horses learn and understand their own rules of survival. In a horse's world, the rules are clear, easy to understand and dealt with swiftly if challenged. By realizing this about horses we can alter our facilitation techniques to become more efficient.

Horses look for strong leadership and are willing to follow only after they find mutual trust and respect. If we provide contradictory behavior they start to question and challenge our authority to lead. Horses respect the stringent outline of the hierarchy. The head mare rules the herd, the stallion protects from danger. The head mare and stallion work together as a team for the safety and strength of the herd. The entire herd works together to teach their offspring the rules of survival. Valuable lessons of respecting self – family – community.

In the horse's world, team work is expected and respected. Horses respond favorably to positive stimulus even though the consequences are swift and immediate. Horses are tough and steadfast dance partners and if we (as facilitators) are willing to listen, they can assist us with guiding groups to becoming better individuals.

Horses don't judge, but they don't forget. Participants must earn their relationship(s). They don't let you cheat and their feedback is honest and instant. Learning to listen to what horses have to say is powerful and acts as the stimulus to individual change. *By including* horses in these specially designed experiential exercises, equine-assisted specialists have proven repeated success to each participant's journey to self discovery.



**How?** Horses magnify and mirror an individual's problem immediately. Horses can't over think a participant's motive or manipulate their behavior. But, by their intuitive nature and innate sensitivity, horses can provide facilitators with a window into the participant's personality. As facilitators listen to a horse's non-verbal communication, together they have the ability to walk participants through to finding life-altering change.

Through the discovery of how sensitive horses are – how kind and forgiving they can be; we can guide our young students through to becoming better individuals by recognizing those "teachable moments", through identifying specific horse behaviors. If you can understand how and why horses are aware of our every movement – you will come to understand how this program has become so successful.

Quite simply...Equine-Assisted Learning works.