



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.

EA Introduction to Horse Management

A formal qualification that helps young people rebuild confidence in learning

Qualification: Equestrian Australia Intro to Horse Management (10 SACE Credits)

Length & Date: 16 weeks (2 terms) Starting Friday 9th February 10:30 to 12:30pm

- Programme Structure: General Horsemanship and Safety, Horses Health and Fitness, Saddlery & Accessories
- The programme does not require any horse riding it is suitable for all students who are interested in horses.
- The programme is a mixture of classroom learning in our classroom and hands on with the horses.
- Students will be required to do some self led learning supported by a facilitator.
- Students have to complete and pass 3 assessments to complete the programme .

Jo the facilitator of the programme has a British Horse society Stage 3 in horsemanship and is a qualified equine coach, along side years of experience teaching and coaching adults, young people and children.

An EA Coach completes the assessments for each student on completion of the course. Unit 1 is a written test, units 2 & 3 are practical assessments.

Students who successfully complete the course and pass assessments are awarded 10 SACE points and can go onto complete further levels in horse management and coaching.

Cost: \$1000 includes registration and assessments