

## Individual Skills Development Program Series

This is a uniquely designed equine-assisted program to develop customized learning experiences that focus on enhancing specific skills in participants with special needs.



Participants that work through this program not only learn about themselves while learning how to develop a relationship with their horse but learn about their other team members. Some have even profited from the natural value of therapeutic benefits. Hippotherapy (using equine movement as a treatment strategy for people living with disabilities) has shown to improve muscle tone, balance, posture, coordination, motor development as well as emotional well-being. Whereas we do not employ or claim to be a physical or speech therapist, a number of individuals with special needs currently participating in these programs have exhibited notable improvement in the above described areas. Their own teachers along with the Equine-Assisted Learning Centre's equine specialists have noted personal observations of numerous instances of communication (articulation) improvement, hand/eye coordination, expansion of emotional expression, balance and mobility.

Each program is carefully crafted by identifying your desired outcomes and then building the learning experience(s) that create the space to meet those objectives. By incorporating research on learning, the human body and brain, experiential learning, and the horse/human connection we utilize unique exercises and program elements in a way that helps groups, teams, and individuals develop and evolve in positive ways, learning about

- Healthy relationships, appreciating one another
- Responsibility, accountability & appropriate assertiveness
- Overcoming limits to growth & barriers to change
- Creativity, innovation, diversity, individuality
- Strengths, self-esteem & confidence
- Transformational change and spiritual growth
- Problem solving & decision making skills
- Trust, respect, and integrity
- Collaboration & teamwork
- Effective forms of communication
- Attitudes, moods, value of work & having fun
- Leadership & the importance of hierarchy

By using horses as tools for emotional growth & learning, participants learn to process feelings, behaviours & patterns while learning about themselves and providing alternative skills.

Equine Assisted Learning's experiential learning opportunities apply to a number of different groups:

### personal development

- youth and adults
- male and female
- various ethnic backgrounds
- first offenders
- rehabilitation programs
- at-risk
- special needs
- Physically/emotionally impaired
- leadership
- special skills



### community / work place

- leadership development
- conflict resolution
- business executives
- personal growth & development

### schools

- debate teams
- teachers and staff
- clubs and organizations
- leadership development

### organizations

- youth groups
- women's groups...the sky's your limit

*Quite simply, equine-assisted learning works.  
Contact us to learn more about how we will work  
with you to create your customized  
learning program.*

## Sabre Quarter Horse Ranch & Equine Learning Centre

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*Where the horses do the teaching . . .*



*presents*

The first nationally recognized certified  
Equine-Assisted Learning

## Building Block™ Program Series®

*proven to be effective, powerful, interesting,  
exciting, positive, educational and creative!*

*"There's something about the outside of a horse  
that significantly influences the inside of a person."*

**We Welcome** this opportunity to introduce you to the Equine-Assisted Learning Center's Certified **"Building Block"** Program Series® specially designed to develop leadership skills in participants with special needs in an effort to bring out the best in those that enter as participants of any age, skill level or profession.

The EAL program series was originally designed to facilitate the building of personal development of horses, while 'using horse sense'. Since its inception, we have found that participants receive a wide range of individual benefits.



**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. Quite simply, the horse does the teaching; facilitators are there to offer the explanation and provide guidance to find a solution.

What is EAL? Equine-Assisted Learning is an effective approach to human development through horsemanship. Participants engage in team emphasized exercises and find themselves learning valuable skills in a fun and exciting atmosphere while working through the dynamics of horses.

EAL has proven to be effective, powerful, interesting, exciting, therapeutic, positive, educational, and creative. Equine-assisted learning can be a very powerful journey of facilitating participants learning alternative skills to draw from when faced with difficult challenges in an effort to overcome negative influences.

This particular building block style of learning helps individuals better understand themselves as they participate in exercises designed around understanding the nature of the horse. We call it, "Using Horse Sense". When one has learned the fundamental principals of EAL, it is easy to understand why individuals with compromised moral values or ethical standards find it difficult, if not impossible, to keep their secrets hidden when they start to work through exercises with horses.

By recognizing a horse's ability to read and understand human body language, it is equally understandable how one can use EAL to provide leadership development opportunities, as well.

The Equine-Assisted Learning Center combines the beauty of the Qu'Appelle Valley with the natural teaching ability of the horse for the purpose of providing effective equine-assisted learning (EAL) experiential opportunities.

### **Developing Life Skills Using "Horse Sense"**

The single most asked question is, why horses? Horses are extremely sensitive to, aware of their surroundings and quick to react. Their feedback is honest and instant. By including horses in specially designed educational experiences, equine-assisted specialists have greatly multiplied the participant's rate of success to self-discovery. How? Horses can magnify and mirror an individual's problem immediately. Horses can't over think a participant's motive and horses can't manipulate their behavior. But by their intuitive nature and innate sensitivity, horses can provide the participant with a method of self-discovery which is effective and life-changing.

### **Life-Skills Development Program Series**

The Equine-Assisted Learning Centre believes in taking pro-active measures and innovative strategies to better prepare the youth of today by empowering them with skills and support, to conquer the negative influences that surround them. It is the Equine Centre's goal to offer each participant the opportunity to work with, love, care for and learn from horses . . . a dream come true for most! The Equine-Assisted Learning Centre offers this unique program of helping kids before they find themselves in trouble.



This program is enhanced by life-skills lessons that focus on peer pressure, positive communication, problem solving, conflict resolution and other teen social needs. It also explores alternatives to participating in negative activities or behavior. Equine-assisted learning is a powerful, professional and effective approach, proven to have a positive impact on individuals of all ages. The goal of equine-assisted learning is to provide hope and healing to kids (and adults) that suffer from substance abuse, behavioral issues, attention deficit disorder, eating disorders, physical, emotional or sexual abuse, depression, anxiety and relationship problems.

### **Corporate Leadership Skills Seminars & Workshops**

Equine-assisted learning (EAL) is an emerging field in which horses are used as an instrument for personal growth and learning. The focus of EAL is not riding or horsemanship specific. In fact, EAL takes place "out of the saddle" and on the ground.



Equine-assisted learning is a powerful and effective approach that has an incredible impact on individuals and

groups, families, corporate leaders, youth and adults. The focus of EAL is comprised of setting up activities involving horses which will require the individual or group to apply certain and specific skills. Non-verbal communication, assertiveness, creative thinking and problem solving, leadership skills, taking responsibility, teamwork and relationships, confidence and attitude are several examples of the means utilized by this unique equine-assisted learning program.

If you are searching for innovative solutions to enhance your team's effectiveness, the Sabre Ranch's EAL Centre is an exciting option. The Equine-Assisted Learning Centre offers this revolutionary leadership development program to help individuals learn useful and life-changing leadership skills . . . skills that have the ability to influence the building of stronger businesses. Practice, assess, learn and develop a better understanding of your leadership skills by incorporating the wisdom of horses while helping your team effectively reach their goal.

Additionally, instead of "merely adding" to another idea, learn how to become a mindful team member that magnifies and multiplies your resources. Learn to develop a greater understanding of self and awareness of others through this effective and interactive leadership program. Be an active part of building a productive, mindful team, recognizing the need to constantly adapt in order to facilitate change.

Equine-Assisted Learning Centre's unique services can be molded to enhance your employee's outlook on what components are necessary for success. For instance, a horse in the middle of the arena with a list of objectives can put groups face-to-face with their insecurities. The Centre's equine professionals encourage participants to unify their efforts, join together and work as allies, stimulate negotiation and share the available resources to find success instead of looking at each other as competitors.

Unlock the barriers that prevent individuals from effectively working together.