



REASON TO THRIVE
Skills for Life

NO JUDGEMENT

..... a program where judgement doesn't exist!

RE-BUILD EMOTIONAL & SOCIAL SKILLS WITH HORSES!!

Equine Assisted Learning Women's "Re-Build " Program

This program is for women who are rebuilding their lives after trauma, grief, abuse, violence or mental health issues

WHY HORSES?

There is nothing like a 500kg teacher with hooves!

- Horses can't lie, judge or hold a grudge
- Horses' feedback is honest & instant
- Horses help to instill empathy & kindness
- Horses have natural herd behaviours that require trust, respect and teamwork from all the members of the team



WHAT IS EQUINE ASSISTED LEARNING?

Equine Assisted Learning is an interactive, hands-on approach to learning life skills and gaining personal growth with all sessions taking place in an outdoor classroom ... with a horse as the teacher. Each of our sessions are designed to maximise learning potential and focus on developing individual skills, while working through fun, interactive, group challenges. Touching repeatedly on all the objectives and life skills that are built into our curriculum, the innate sensitivity and intuitive nature of the horse allows participants to adjust their behaviours to work successfully with their equine teacher. The role of the facilitator is to parallel the lessons from the horse back to real life circumstances and assist participants to recognise learning moments.

PROGRAM OUTCOMES:

- Match internal dialogue to action
- How to develop healthy relationships
- Value trust, respect & personal integrity
- Build leadership skills
- Develop trust and empathy
- That force does not equate to movement
- Looking back stops forward movement
- Overcome barriers to find change
- Be creative & innovative
- Develop patience
- Find opportunities in working together
- Develop decision making skills
- Learn how to communicate effectively
- Build self-esteem

.... all in a fun, non-judgemental environment with life changing moments.

90 MINUTE SESSIONS / 1 SESSION PER WEEK / 6 or 8 WEEKS

Working in small groups with the horse as a member of their team, participants complete a variety of tasks designed to develop core life skills.

- ✓ All programs are on the ground - no horse riding involved
- ✓ Delivered by qualified & accredited EAL facilitators
 - ✓ Fully insured
 - ✓ Specially selected horses

PROGRAM COSTS?

Reason to Thrive is a registered charity, founded in 2017. Our goal is to provide fully-funded life-skills program to youth at-risk of disengagement from education/family, as well as women and families impacted by trauma, grief, abuse, domestic/family violence, or mental health issues. We are able to do this through grant funding and the wonderful generosity of the community, corporate sector, and motivated individuals who are passionate about making a difference in the lives of those who need our support.

**Please note: All participants must be referred to the program through a relevant agency or school.*

Venue: "Whiterock Peak, Kholo Qld 4306



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www.reasontothrive.org

