



REASON TO THRIVE  
*Skills for Life*

# PREPARING OUR YOUTH WITH SKILLS FOR LIFE!

## Equine Assisted Learning Youth "Maverick" program

An opportunity for young people aged 10 - 18 to work alongside our horse 'teachers' to build self-confidence, self-awareness, communication, trust and much more!

### 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 the real life circumstances and assist participants to recognise learning moments.

### POTENTIAL OUTCOMES:-

- Accept responsibility & accountability
- Develop healthy relationships
- Develop trust, respect & integrity
- Build leadership skills
- Develop effective communication skills
- Regulate emotional behaviour
- Overcome barriers to change
- Be creative & innovative
- Learn to work in teams
- Develop decision making skills
- Build self-esteem
- Develop negotiation skills

**..... all in a fun, non-judgemental environment that supports 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 programs to youth at-risk of disengagement from education/family, as well as women and families impacted by trauma, grief, domestic/family violence, 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 are referred to the program through relevant agencies and schools.*

**Venue: "Whiterock Peak", Kholo Qld 4306**



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