

Cartier Equine Learning Center's Equine-Assisted Learning Programs



Cartier Equine Learning Center combines the beauty of the North with the natural teaching ability of the horse for the purpose of providing effective equine-assisted learning (EAL) experiential opportunities. 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.

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Where horses
do the teaching . . .

We Welcome

this opportunity to introduce you to the Cartier Equine Center's Certified Equine-Assisted Learning **BUILDINGBLOCK™** 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 bring out the best in those that enter as participants of any age, skill level or profession.

Current Update: the EAL youth program series was originally designed to facilitate the building of personal development skills, while 'using horse sense'. Since it's inception, we have found that participants receive a wide range of individual benefits, especially when enhanced by the followup efforts their teachers make back in the classroom.

As an interesting side note, since bullying has become a major problem in schools across the country, this past year we've developed a specialized component that encourages positive change in destructive behaviors. We have been working with a couple schools committed to dealing with their bullying problem who have enrolled a couple groups that exhibit aggressive bullying tendencies.

Recently we received a telephone call from one of the principals that oversees his students that attend our EAL program. He started by quoting a statement Dr. Phil recently made on the air, "bullying is the number one cause of teen suicide in America today," then thanked us for our program development efforts. The principal noted that since his kids enrolled in our program, their school had documented significant behavioral modifications in the youth attending and has had every indication it is spreading throughout the school.

Even though the identity of participants in a bullying program is sensitive and private, therefore unable to be disclosed, this particular data continues to provide us with confirming positive feedback that there is indeed, something about the outside of a horse that seems to make a significant difference to the inside of a child.

Cartier Equine Learning Center

where horses do the teaching

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Cartier Equine Learning Center

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 man."*

Corporate Leadership Skills Seminars & Workshops

Equine-Assisted Learning 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 and developed by Equine-Assisted Learning.

If you are searching for innovative solutions to enhance your teams effectiveness? Cartier Equine Center offers this revolutionary leadership development program to help individuals learn useful and life-changing leadership skills . . . skills that have the ability 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 leadership interactive program. Be an active part of building a productive, mindful team, recognizing the need to constantly adapt in order to facilitate change.

Cartier Equine Center's unique equine-assisted learning services can be molded to enhance your employees 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 Cartier'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.



Life-Skills Development Program Series

Cartier Equine Center 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 Center's goal to offer each participant the opportunity to work with, love, care for and learn from horses . . . a dream come true for most! Cartier's Equine Center 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.

Equine-Assisted Learning

programs are a powerful journey of learning and understanding for those who participate. Horses in this program are effective teaching tools; immediately responding to what participants do, trained facilitators look for "teachable moments" that horses identify. Quite simply, the horse does the teaching; facilitators are there to offer explanation and provide guidance as they work through the solution.

The single most asked question is, why are horses uses? To understand how this process works we must first realize how horses learn and understand the laws of survival. In a horse's world, the rules are clear, easy to understand and dealt with swiftly when challenged.

Nature provides them with instincts and senses that are very astute. For their mere survival, a wild horse, must be aware of their surroundings and quick to react. They watch for the slightest movement, especially threatening body posture. Horses know how to discern the difference between a calm non-threatening approach and anxious, nervous energy; immediately identifying individuals struggling internally. By understanding the true nature of the horse, we can alter our techniques to become efficient facilitators.

Individual Skills Development Program Series

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 from the Prince Albert School District along with Cartier Equine Center's equine specialists have noted personal observations of numerous instances of communication (articulation) improvement, hand/eye coordination, expansion of emotional expression, balance and mobility.



Horses look for strong leadership and willing to follow, but only after they find respect and trust. If we provide contradictory behavior, they will question and challenge our authority to lead. Horses respect the stringent outline of the hierarchy. In a horse's world, team work is respected and expected. Horses respond favorably to positive stimulus and respect consequences inasmuch as it is fair. Horses are tough and steadfast dance partners; they don't judge, but they don't forget. They don't let you cheat and their feed back is honest. DrPhil may have paraphrased "how's that working for you" but horses have been asking since the beginning of time.

If we, as facilitators, are willing to listen, they can assist us with guiding groups to becoming better individuals. By including horses in specially designed educational experiences, equine-assisted specialists have greatly multiplied the participant's rate of success to self discovery. Horses can't over think a participant's motive and horses can't manipulate 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.

By understanding why and how horses are aware of our every movement – you will come to understand how effective equine-assisted learning programs are to finding individual.

Quite simply, equine-assisted learning, works.