



Additional EAL Program Benefits:

Herd Savvy, is respecting the value, strength and significance we each bring to the effectiveness of the herd. If we learn how to put aside "the manure" that blocks our individual development, we can become more effective while working as a team.

Participants will:

- become efficient communicators;
- effective communicative listeners;
- develop healthy relationships;
- learn problem solving skills;
- find success over obstacles;
- learn to appreciate each other;
- build confidence & self esteem;
- overcome fear & develop confidence;
- develop personal work ethics, responsibility & appropriate assertiveness;
- observe the nature of the horse and realize it's importance to social success;
- learn the value of work and having fun;
- understand the importance of having distinct personalities, attitudes & moods;
- engage in discussion & activity to learn more about the horse & themselves;
- develop abilities to be smart risk takers and fair minded team players;
- learn to create a win/win environment;
- improve group decision making and problem solving skills;

along with other personal development & leadership skills.

We Welcome

this opportunity to introduce you to the Cartier Equine Learning Center. This EAL 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 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.

Just last week 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, however 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.

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. Facilitators are trained to look for those "teachable moments" that the horses identify. Quite simply, the horse does the teaching; facilitators are there to offer the explanation and provide guidance to find a solution.

The single most asked question is, why are horses uses? Horses are extremely sensitive, aware of their surroundings and quick to react. For their mere survival, a wild horse, must constantly be on guard, through herd training they gain trust and respect. Nature provides them with instincts and senses that are very astute. They watch for the slightest movement and look for threatening body posture.

Horses know how to discern the difference between a calm non-threatening approach and anxious, nervous energy. However, every horse is different just as each child is unique.

To understand how this process works we must first realize how horses

learn and understand their own rules of survival. In a horse's world, the rules are clear, easy to understand and dealt with swiftly if challenged. By realizing this about horses we can alter our teaching techniques to become more efficient. Horses look for strong leadership and are willing to follow after they find trust and respect.

If we provide contradictory behavior they start to question and challenge our authority to lead. Horses respect the stringent outline of the hierarchy. The head mare rules the herd, the stallion protects the herd from danger. The head mare and stallion work together as a team for the safety and strength of the herd. The entire herd works together to teach their offspring the rules of survival. In a horse's world, team work is expected and respected. Horses respond favorably to positive stimulus even though the consequences are swift and immediate. Horses respect fair consequences then crave to be with you.

Horses are tough and steadfast dance partners and if we (as facilitators) are willing to listen, they can assist us with guiding groups to becoming better individuals. Horses don't judge, but they don't forget either. They don't let you cheat and their feed back is honest and instant. Learning to listen to what horses have to say is powerful and can sometimes spur the answer to individual change. 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, and provide the skilled facilitator with an opportunity to identify an individual's character. 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 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.

Through the discovery of how sensitive horses are, how kind and forgiving they can be; we can guide our young students through to becoming better individuals by recognizing those teachable moments, through identifying specific horse behaviors.

If you can understand how and why horses are aware of our every movement – you will come to understand how this program works.

Quite simply, equine-assisted learning, works.

Thank you for your time.
Cordially,

Tamara MacKinnon
Program Director

Certified Equine Assisted Learning Program

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Cartier Equine Learning Center, *where horses do the teaching*

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