

Equine Refuge and Learning Center

Horses Helping Families With Life Skills and Personal Development

What is EAL?

Why Horses?

Pg. 2

*Book your Six, Eight,
or Twelve Week
Horse Assisted
Learning Programs
Now!*

*Four Day Intensive
Clinics, and Two Day
Workshops Available!*

Feature Articles:

*8 Simple Ways To Supercharge Your
Motivation Every Day*

Pages 4

By: Powerful Perspective Coaching LLC

*Hoof Care, Laminitis, and Founder:
Essential Insights for Horse Owners*

Pages 5-7

**A New Virtual Coaching
Course Heading Your Way
Blended Family Bliss**

**The struggles of blended families
can cause frustration.**

**What if you could Tame Fears,
Stress, And Anxiety While
Discovering How To Connect With
Communication, Understanding,
and Respect, to Create Peace and
Happiness Within The Family
Call for more information!**

What is EAL? Why HORSES?



Welcome to the wonderful world of Equine (HORSE) Assisted Learning.

We partner with the horse to facilitate specific objectives, bring just what is needed if the participants life at that moment. Each participant will get something totally different out of each program. Connection Life Skills and Personal Development follows the Building Blocks™ Curriculum to Build Critical Skills, giving participants the tools to meet whatever life sends their way.



DEVELOP SKILLS THAT WILL LAST A LIFETIME

1. **Knowledge**
2. **Building Relationships.**
3. **Pressure and Release.**
4. **Communication**
5. **Articulation.**
6. **Problem Solving**
7. **Focus**
8. **Body Language**
9. **Negotiation**
10. **Trust**
11. **Leadership**
12. **It's All Up To You!**

Equine Assisted Learning acts as an important educational tool to help to develop empathy and kindness as well as combat:

- Behavioral disorders
- Low self-esteem
- Bullying
- Drug abuse
- Emotional issues
- Poor communication skills
- Inability to work with others

Bringing awareness of self and behaviors while bringing attention to what is projected and then perceived by others.

Remember Horses Don't Lie.

One and two day: **Corporate Team Building and Leadership** AVAILABLE

Equine Assisted Learning Programs

In person/hands on.
Life Coaching is online and in person.
Contact for more info.

Contact@OsborneStablesEquineRescue.org

“Enhancing your learning skills, open new opportunities for your team or family. Creative solutions and skills to take with you into today’s world.

Building strength and resilience for a better tomorrow”

Why Horses? What Can We Learn?

WHY HORSES and what we learn

Cats, Dogs, Horses... What's the difference?

There is nothing like a 1,200- pound Teacher (HORSE) who is a partner on your team. By their intuitive nature and innate sensitivity, horses can provide a certified Facilitator/Coach with insight into the participant's personality. As a prey animal, they are sensitive to the stimulus of each participant. They react to the stimulus through body language and participants must adjust their feelings and behaviors to work successfully with the horses. While working with the horse we help the horse through developing better communication, and connection skills while we learn more about ourselves.

Let's start with a few examples:

- Horses consistently model assertiveness and teach us how.
- Horses can't lie or over think a participants motive.
- Horses feedback is honest and instant
- Nature provides horses with instincts and senses that are very astute and keep them safe.
- Help to instill empathy and kindness in the participants.
- Horses have natural "herd behaviors" that require trust, respect, and teamwork from all members of the team.
- Horses automatically respond to confusion and frustration as these feelings can put the herd at risk.
- They lead through assuredness/ leadership - not brute force.
- Horses have distinct personalities and through this, they all have different methods of teaching.

Definition of a Facilitator

A facilitator-certified person guides you through a journey, which inspires you to step out of his/her comfort zone and take steps towards discovering who he/she is as a person while learning what they want and being who they want to be.

Critical skills development builds new pathways in the brain, which enable the thinking and reasoning process to occur. We work today and not in the past. The program is objective-driven with obstacle challenges that cause thought and reflection, create growth and positive change.

A facilitator/coach helps guide you through this journey.

Thank you for allowing the Rescued Horses at Osborne Stables Equine Rescue, Inc. Our Certified Equine Connection Facilitators, Horse Assisted Learning Specialist, for being part of your learning and growth process.

Connection Life Skills and Personal Development.

Claudette Osborne: Certified Professional Life Coach, Mindset and Mental Fitness Coach, Equine Assisted Learning Facilitator.

Renee Pena: Equine Assisted Learning Facilitator

DONE-FOR-YOU PROGRAMS

Does your business, group, or family, need help with communication, leadership, problem solving or trust? The choice is up to you! See what we have to offer.

Our team is here to help.

**Free, No Obligation Consultation:
210-827-3136**

Harnessing the Wisdom of Horses: Equine Assisted Learning for Individuals, Teams, and Families

Equine Assisted Learning (EAL) leverages the innate behavior and intuitive responses of horses to foster personal and group development. As prey animals, horses have finely tuned senses and rely heavily on their instincts to feel safe. Their natural reactions—flee, flight, freeze, and fight—are accompanied by a rich tapestry of body language that provides immediate, honest feedback to human interactions. This unique dynamic makes horses exceptional partners in experiential learning.

The Intuitive Connection

Horses' primary need for safety drives their acute sensitivity to their environment and the beings within it. They read human emotions and intentions through subtle cues, reacting instinctively to our body language, energy, and emotional states. This natural intuition allows horses to act as an indicator, responding to our internal states and offering insights that are often beyond our conscious awareness.

Building Self-Awareness and Emotional Intelligence

When individuals participate in EAL, they engage in activities and obstacle courses designed to evoke genuine responses from the horses. These activities require participants to navigate challenges alongside their equine partners. For instance, leading a horse through an obstacle course demands clear communication, calmness, and trust. If a participant is anxious or uncertain, the horse will likely respond with hesitation or resistance, highlighting areas for personal growth, this is the time that a certified and skilled EAL Facilitator steps in to bring awareness and help the participant discover on their own what may have sparked the response from the horse or the participants in the group.

This interaction fosters self-awareness as individuals must assess and adjust their behaviors to create a harmonious partnership with the horse. As participants learn to manage their emotions and project confidence, they develop emotional intelligence, improving their ability to handle stress, communicate effectively, and build relationships.

Enhancing Team Dynamics

For teams, EAL activities can reveal the underlying dynamics of cooperation, leadership, and trust. Horses respond to the collective energy and coherence of a group, making it evident when there is discord or lack of direction. Teams must work together to guide the horse through tasks, necessitating clear communication, role clarification, and mutual support.

Harnessing the Wisdom of Horses: Equine Assisted Learning for Individuals, Teams, and Families

These exercises help teams identify strengths and areas for improvement, fostering a culture of collaboration and mutual respect. The shared experience of overcoming challenges with the horse strengthens bonds and enhances group cohesion.

Strengthening Family Connections

Families participating in EAL can benefit immensely from the non-judgmental and immediate feedback provided by horses. Activities that require cooperation and clear communication help family members understand each other's perspectives and emotional states. The process encourages empathy and patience, as family members must work together to achieve common goals with their equine partner.

Navigating an obstacle course with a horse can illuminate family dynamics, highlighting patterns of interaction and areas where support and understanding are needed. This shared journey can improve communication, strengthen relationships, and build a deeper sense of trust and connection within the family unit.

Conclusion

Equine Assisted Learning offers a powerful, experiential approach to personal and group development. Through the natural intuition and honest feedback of horses, individuals, teams, and families can gain profound insights and develop essential skills. Whether enhancing self-awareness, fostering teamwork, or strengthening family bonds, EAL harnesses the wisdom of horses to inspire growth and transformation.

For information on Equine Assisted Learning through Osborne Stables Equine Rescue:
Contact: Claudette Osborne



8 Simple Ways To Supercharge Your Motivation Every Day

If you try to do something great, you'll inevitably encounter obstacles. The more obstacles you encounter, the more difficult it is to keep your motivation at a high level. In these moments, you need techniques to fuel your motivation engine. Here are 8 simple ways you can supercharge your motivation.

1. Focus on the things you can control. The more you focus on things *out* of your control, the less motivated you'll feel. When you focus completely on things you can control, you'll realize that you can quickly and easily change your situation. Every day, focus on the things right in front of you. Don't waste your time or energy on things out of your control.

2. Constantly remember your purpose. Why are you pursuing a goal or dream in the first place? What is the big, audacious purpose that motivated you to embark on the journey? More time with your family? More money? Getting the dream job? To keep your motivation high, constantly keep your purpose in front of you.

3. Celebrate the small wins. It's important to keep the big picture in front of you, but it's also crucial to celebrate the small wins. Remember, you climb a ladder one rung at a time. You're reaching your goal one step at a time. Celebrating the small wins will allow you to see the progress you're making and increase your motivation levels.

4. Act first, feel later. One of the best ways to get your motivational juices flowing is to simply take action. If your goal is to read fifty books in one year, sit down and read a book for five minutes. If your goal is to lose 50 pounds, go for a 10 minute walk. It's common for motivation to follow action. Once you take the first step, you'll feel walk to keep going. Start the process with achievable goals.

Learn to live life on your terms while providing connection and an empowering environment for yourself and your family. Book A FREE Discovery Call <https://powerfulperspectivecoaching.com> Mention OSER in the call. I donate 50% of any program proceeds to Osborne Stables Equine Rescue when you sign up through this newsletter.

5. Do visualization exercises. By visualizing your goal, you bring the future into the present. As you visualize your dream job and all the benefits it will bring, you'll feel your present motivation skyrocketing. As you think about what it will be like to double your income, the obstacles you're facing will melt into the background.

6. Break your big goal into small goals. Depending on your ability to focus, it might be necessary to break up the goal into segments that last anywhere from one week to 12 weeks. This way your brain can experience success and logically see a positive long-term outcome. You'll procrastinate if the path looks too challenging.

7. Repeat affirmations daily. Affirmations help you *believe* that you're going to achieve your goal. When you're feeling overwhelmed, burned out, or low on motivation, saying things like, "I AM on my way to a healthy body, starting my business, a great relationship" can help you keep going.

8. Surround yourself with people who motivate you. One of the most effective ways to boost your motivation is to surround yourself with other people who are motivated. If you're building a business, spend time with other passionate entrepreneurs. If you're working toward a goal weight, join weight loss support groups. You need encouragement and support as you pursue your goals.

These ideas may be simple, but they're profound. Put these to work in your own life and watch the success appear before you.

Claudette Osborne
Powerful Perspective Coaching LLC
<https://powerfulperspectivecoaching.com>

**Whatever you think you can do
or can't do, You're right!**

What and How I Think Matters.



Hoof Care, Lameness and Disorders: Essential Insights for Horse Owners

Article by: Claudette Osborne, President of Osborne Stables Equine Rescue

As a horse professional running a rescue and education center, the health of our equine companions is paramount. One of the most critical aspects of equine care is hoof health, which directly impacts a horse's overall well-being and mobility. This article aims to provide comprehensive insights into hoof care, laminitis, and founder, common yet serious conditions affecting horses' hooves.

The Basics of Hoof Care

Proper hoof care is foundational to preventing many health issues in horses. Here are key practices:

- 1. Regular Trimming and Shoeing:**
Horses require routine hoof trimming every 4-6 weeks to prevent overgrowth and imbalance.
Shoeing depends on the horse's activity level, type of work, and hoof condition. Consult with a farrier to determine if your horse needs shoes and the best type for their needs.
- 2. Daily Inspection:**
Regularly check hooves for cracks, embedded objects, or signs of infection. Clean out debris and dirt using a hoof pick.
Pay attention to the frog (the V-shaped part of the hoof), as it can harbor bacteria leading to thrush if not kept clean and dry.
- 3. Environment Management:**
Keep stables clean and dry to prevent bacterial and fungal infections.
Ensure horses have access to dry areas, especially during wet seasons, to prevent prolonged exposure to moisture, which weakens the hoof structure.
- 4. Diet and Nutrition:**
A balanced diet rich in essential nutrients supports hoof health. Key nutrients include biotin, methionine, zinc, and omega-3 fatty acids.
Avoid overfeeding grains and sugary feeds, as they can contribute to metabolic disorders affecting the hooves.

Understanding Laminitis

Laminitis is a painful inflammatory condition affecting the laminae, the sensitive tissues connecting the hoof wall to the coffin bone. It can lead to severe lameness and, if untreated, result in founder.

Causes of Laminitis

- 1. Dietary Factors:**
High sugar and starch intake, often from lush pasture or excessive grain, can trigger laminitis.
Insulin resistance and metabolic syndrome in horses can also predispose them to the condition.
- 2. Mechanical Stress:**
Excessive weight-bearing on one leg due to an injury in the opposite leg can lead to laminitis.
- 3. Toxins and Infections:**
Endotoxemia from gastrointestinal disturbances or retained placenta post-foaling can cause laminitis.
- 4. Hormonal Imbalances:**
Conditions like Cushing's disease (PPID) can increase the risk of laminitis.

Symptoms of Laminitis

- Reluctance to move or walk
- A characteristic "rocking back" stance to relieve pressure on the front hooves
- Heat in the hooves and increased digital pulse
- Visible changes in hoof structure over time, such as rings and dishing of the hoof wall

Managing and Treating Laminitis

- 1. Immediate Veterinary Care:**
Prompt veterinary intervention is crucial at the first sign of laminitis. Treatments may include anti-inflammatory medications and pain relief.
- 2. Hoof Support:**
Proper hoof trimming and the use of therapeutic shoes or pads can help support the hoof and reduce pain.
- 3. Dietary Management:**
Implement a low-sugar, high-fiber diet. Avoid lush pasture and grains that exacerbate the condition.
- 4. Controlled Exercise:**
While rest is important during acute laminitis, gradual reintroduction to controlled exercise helps improve circulation and hoof health in the recovery phase.

Founder: A Severe Consequence of Laminitis

Founder occurs when the laminae are severely damaged, causing the coffin bone to rotate or sink within the hoof. This can be a catastrophic event, leading to chronic pain and potentially necessitating euthanasia if not managed properly.

Preventing Founder

The key to preventing founder lies in early detection and aggressive treatment of laminitis. Regular hoof care and monitoring, alongside managing the horse's diet and weight, can significantly reduce the risk.

Conclusion

Maintaining optimal hoof health through regular care, appropriate nutrition, and environmental management is vital for preventing serious conditions like laminitis and founder. Early detection and proactive management can make a substantial difference in the outcome for affected horses. As horse caretakers, staying informed and vigilant ensures the well-being and longevity of our equine friends.

By prioritizing hoof health, we not only enhance the quality of life for horses but also enable them to lead active, pain-free lives, whether they are performing athletes, beloved companions, or treasured rescues.

Hoof Care, Lameness and Disorders (Sources for this article)

Resources:

American Association of Equine Practitioners (AAEP)

"Laminitis: Prevention and Treatment." AAEP. Available at: <https://aaep.org/horsehealth/laminitis-prevention-and-treatment>
Ramey, Pete

"Care and Rehabilitation of the Equine Foot." Available at: <https://www.hoofrehab.com/>
Pollitt, C.C.

"Hoof Care for Horses." University of Minnesota Extension. Available at: <https://extension.umn.edu/horse-care-and-management/hoof-care>
Kahn, C.M., Line, S. (Eds.)

"The Merck Veterinary Manual." Merck & Co., Inc. Available at: <https://www.merckvetmanual.com/>
Equine Research, Inc.

"Understanding Laminitis and Founder in Horses." Equine Research. Available at: <https://www.equineresearch.net/laminitis.html>
Nicholas Frank, DVM, PhD, DACVIM

"Equine Metabolic Syndrome and Laminitis." Veterinary Clinics of North America: Equine Practice. Available at: [https://www.vetsmall.theclinics.com/article/S0749-0739\(08\)00035-7/abstract](https://www.vetsmall.theclinics.com/article/S0749-0739(08)00035-7/abstract)
Rural Industries Research and Development Corporation (RIRDC)

"Equine Laminitis: A Review of Causes and Management." RIRDC. Available at: <https://agrifutures.com.au/product/equine-laminitis-a-review-of-causes-and-management/>
Hoofcare & Lameness Journal

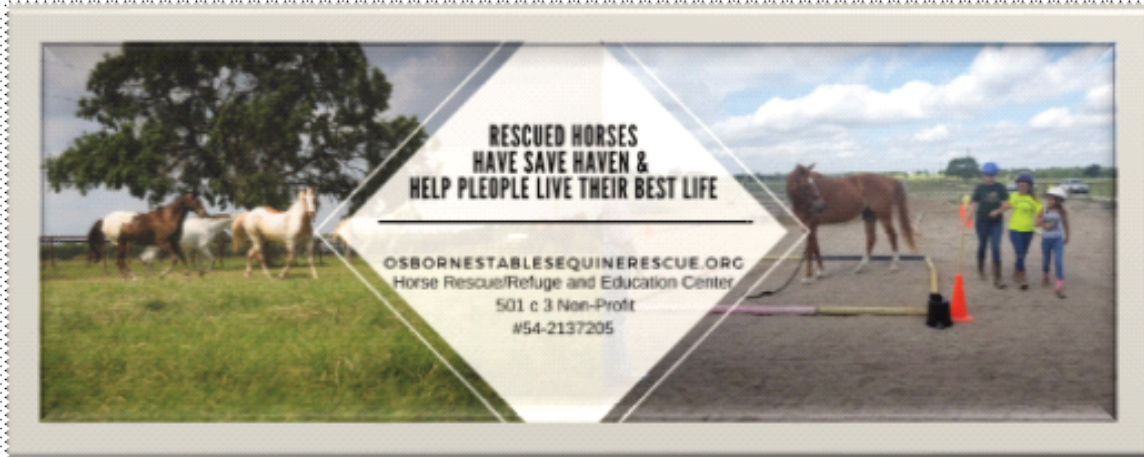
"Laminitis and Founder: What's the Difference?" Hoofcare & Lameness. Available at: <https://www.hoofcare.com/laminitis-and-founder-difference>
National Animal Health Monitoring System (NAHMS)

"Equine Health Monitoring Reports." NAHMS. Available at: https://www.aphis.usda.gov/aphis/ourfocus/animalhealth/monitoring-and-surveillance/nahms/nahms_equine_studies

**Osborne Stables Equine Rescue, Inc. Where Helping Rescued Horses
and Helping People go Hand in Hand.**

501 C 3 Non-Profit - Horse Rescue/Refuge and Education Center

<https://www.OsborneStablesEquineRescue.org>



**Osborne Stables Equine Rescue, Inc.
PO Box 206
Sutherland Springs, Texas
78161-0206**