

# Why Horses?





## 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 Programs  
are in person/hands on.  
Life Coaching is online and in person.  
Contact for more info.

[Contact@OsborneStablesEquineRescue.org](mailto:Contact@OsborneStablesEquineRescue.org)

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.**

**“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.

## 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**

# 7 Mental Blocks That Limit Success

Becoming successful is much more about your beliefs than it is about your current skills and talents. ***Recognizing the mental blocks that limit your success might be the most critical step you can take on your journey to a successful life.*** Mental blocks are dangerously subtle. They begin at a young age and quickly become the norm.

We become so used to their existence that we fail to question them. We learn to limit ourselves and blindly accept the criticisms of our family members, teachers, peers, and even strangers.

**Learn to recognize these mental blocks:**

**1. Is self-doubt limiting your ability to take action?** Successful people tend to overestimate their abilities at first. However, ***studies have shown that these same people eventually grow to meet their expectations.*** Have the courage to believe that you are capable. You will ultimately prove yourself correct.

- Also, consider that the most pessimistic people are the most accurate when assessing their new task skills. They also finish behind all other groups in the long term. Be optimistic, and you will come out ahead.

**2. Ask yourself, do I refuse to get or accept help from others?** Life is too short to learn the necessary knowledge and perform every task yourself. You can find others that have already been successful in your field of choice. Seek these experts out and get the help you require.

**3. Maybe you think the necessary education is missing.** ***The percentage of highly successful people who failed to complete high school is staggering. What is stopping you from getting the needed skills?*** While, a lack of education can prevent you from becoming a brain surgeon or CPA, it is possible you already have all the education you require to be successful in other endeavors. There are reasonably priced and free resources to assist in the skills needed to reach your goals.

**4. You think your competitors are better than you are. Think Again!** Studies have shown that we tend to underestimate ourselves and overestimate others. Consider the fact that you might be giving your competition more credit than they deserve! Examine your competition and improve upon their efforts. Otherwise, ignore them and get busy.

**5. You believe that your goals are not achievable.** If you are sure you can't be successful, you'll never get started. In the end, you will be right. Goals can't be achieved by never starting. Start with an intent/objective with your goals. Are the goals too challenging, or are you failing to believe in your capabilities?

- It might be worthwhile to scale back your goals slightly until you feel more confident. ***You can always grow into your goals in the future.***

**6. You are afraid to see your truth.** You may be nervous about discovering your shortcomings. It is easy to maintain a little hope if you stay on the sidelines. After all, maybe you do have what it takes. You have not done anything to prove yourself wrong yet.

- Try your best and see what happens. You are unlikely to be successful on the first attempt anyway. However, the second attempt will be better than the first. The third will be even more effective. Continue until you have attained success.

**6. You believe that you lack the necessary time and money.** Convenient excuses are tools for those that lack commitment. Successful people have started from every possible starting point. Some were wealthy. Others were inferior and had to work multiple jobs to eat.

- You can get started without financial resources.
- You can find time if you desire to do so.

Mental blocks are common, but you will notice that your most successful acquaintances have the fewest mental blocks. ***You have a powerful ability to succeed if you can enhance your mental state.*** Examine yourself for the most common success blockers. Once you can recognize them, you can address them.

***So, how can I help you in discover those limiting beliefs?***

***Coaching maybe the answer. Connection Life Skills and Personal Development offers many avenues of helping people move forward in life.***

***Online, In Person, and Horse Assisted Learning sessions are available.***

***Let me know how our team can help you!***

***Claudette Osborne  
Priority Life Coach and Certified Equine Assisted  
Learning Facilitator***

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

***What and How I Think Matters.***



# The Art of Resilience

## How to Conquer Challenges and Achieve Your Goals

### A new course heading your way!

#### Description:

What's stopping you from reaching your goals? In 20 lessons, this course teaches you proven strategies to get past whatever's holding you back. Download the PDF files so you have the material.

The first module gives you action tips that will enable you to overcome many types of setbacks, including fears, hopeless situations, failures, and more. You'll discover the fastest way to resolve challenges, how to use creativity when you're up against a wall, and tips that help you to believe in yourself even when you're struggling.

The second module shows you some tricks to motivate yourself to do great things and continue that motivation throughout your journey to achieving your goals.

Next, you'll learn techniques that will help you persevere until you reach your goals. You'll find your reasons that keep you from quitting when the going gets tough.

In wrapping up the course, you'll discover solutions for obstacles, clarify the details of the life you want to live, and enjoy effective personal motivation as you write your own success story.

#### Bullet Points:

In this course, you'll learn how to:

- Deal effectively with setbacks
- Find the fastest solutions to your challenges
- Draw from your creativity to find new solutions
- Get through hopeless situations
- Believe in yourself and your dreams even during tough times
- Use failure to your advantage
- Motivate yourself to do great things
- Maintain enthusiasm in the face of adversity
- Finish what you start

#### Questions:

##### Are there requirements or prerequisites for this course?

Only a willingness to learn new techniques and take action to put them into practice

##### What benefits will I receive from this course?

You'll gain an understanding of effective ways to deal with setbacks and failures.

You'll learn strategies and tactics for self-motivation.

You'll feel excited about the bright future that you know is ahead of you.

##### Is there a particular audience that this course is geared toward?

This course is for you if you feel stuck where you are, or even worse, moving backward, because of your challenges. If you'd like to become unstoppable, you'll enjoy learning these strategies.

To Sign Up for this course go to [www.OsborneStablesEquineRescue.Org](http://www.OsborneStablesEquineRescue.Org)

Enter your information on the contact page and add the words

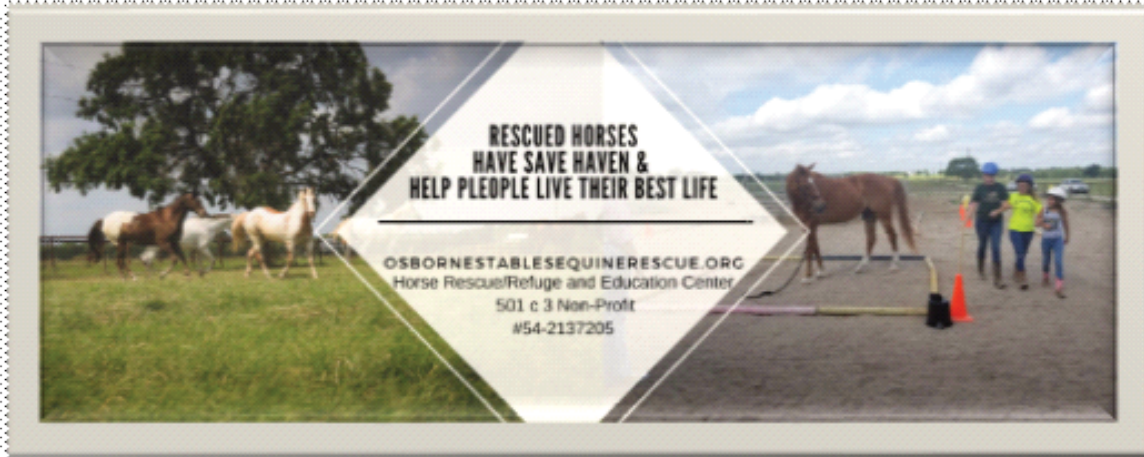
**The Art of Resilience**

Your will be contacted when the course is available online.

We are changing platforms and will be launching the class soon!



**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>**



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