

Edition #1

Equine Assisted Learning

Connection Life Skills and Personal Development

The Art of Resilience

A New Course Heading Your Way

Learn about yourself to let your individuality shine.

What is
EAL?

Why
Horses?

Marketing for
Small Business
Owners.

Request a
download of
Get Interviewed

EAL, EAP and
Coaches.

8 Simple Ways to
Supercharge Your
Motivation Every Day!

BROUGHT TO YOU BY:

Connection Life Skills
and Personal Development
Experiential Learning with Irrefutable Results

Program of Osborne Stables Equine Rescue,
Inc. 501 c 3 Non-Profit Horse Rescue/Refuge
and Education Center



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 TM 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

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 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.

We are experts in helping small businesses and individuals move forward in life.

PROGRAM PACKAGES

Free, No Obligation Consultation:
210-827-3136

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 motivated to keep going.

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," 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.



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.

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 like you're 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.

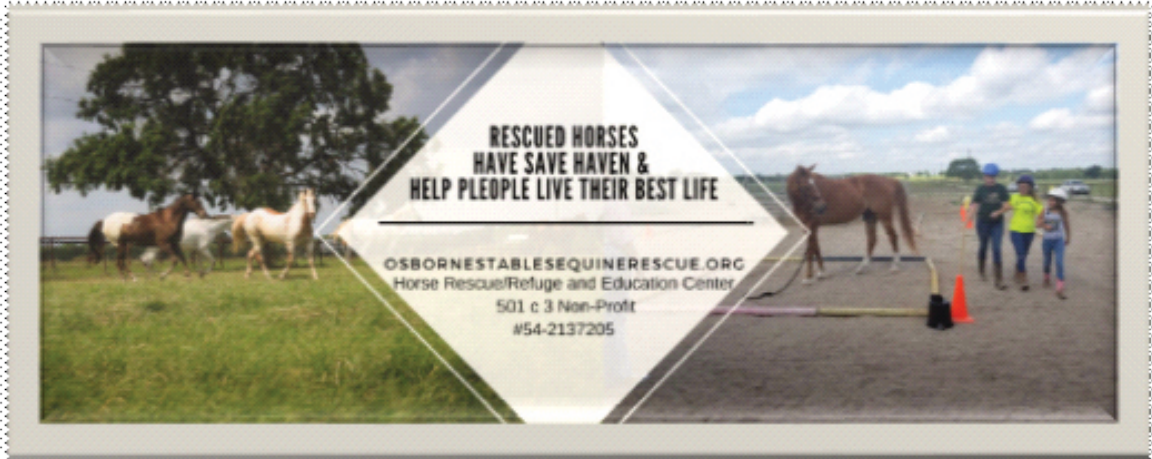
To Sign Up for this course go to www.OsborneStablesEquineRescue.Org

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.

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



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