



# Equine Assisted Wellbeing Program



## Welcome to our 8 week Animal Assisted Wellbeing Program

We believe in a holistic approach to wellbeing that involves getting out in nature and learning new skills through safe interactions with the horses and other animals.

Our 8 week Animal Assisted Wellness Program is a fun, holistic and interactive program designed to support, empower and engage young people and assist them in becoming the very best version of themselves they can be. Teaching key social and emotional skills to help them better navigate through the daily challenges they face, to help overcome anxiety, build self-esteem and flourish.

This provides a perfect platform for experiential learning opportunities, which have been proven to be the most powerful type of learning, helping young people to start to develop essential life skills, resilience and an opportunity to explore and challenge old limiting beliefs and behaviours, whilst learning and practicing new ones.

Based upon key models from the Equine Psychotherapy Institute, this program is delivered by qualified Practitioners, where young people can practice new skills and receive instant feedback from their new equine friends.

Each week we will explore key skills to assist your young person to develop better social and emotional skills, improve self-confidence and self-esteem, help to overcome anxiety and set them up to lead happy and healthy lives.

# Key Learning Principles

Each week we will address one of the key social and emotional skills, designed to equip your child with the knowledge and skills they need to not only survive, but thrive in life.

By exploring each concept in depth and practicing how we can use them in our daily lives, through safe interactions with the horses, we can become more skilled at using them.

This helps to improve self confidence, self esteem and our overall feeling of wellbeing.





## Principles Explained



### The Calm State

Animals are the masters of the calm state and can teach us how to keep ourselves calm and in the present moment. Learning how to monitor your nervous system, notice when you are feeling overwhelmed and being able to take actions to calm yourself are essential to ensure you are responding to life not reacting.



### Awareness

When we start living in the present moment, we can start to become aware of what's going on both inside us and around us. This gives us the power to take positive actions to calm our bodies and mind. Awareness also give us choices in life, the choice to respond, not simply react.



### Boundaries

Boundaries are our yes and our no, what feels ok for us in any given situation. Being able to clearly understand and express your boundaries is key to you own wellbeing and all healthy relationships. Through awareness we can start to understand our boundaries and use them as an early warning system to prevent feelings of overwhelm and anger.



### Healthy Relationships

We are programmed for connection, however healthy relationships take clear communication, awareness and clear boundaries. Healthy relationship are not about always about simply pleasing others, they are about understanding our needs, feelings and emotions at any given moment and being authentic to them.



### Feelings as information

When we start to live in the present moment and in our bodies we can start to listen to our feelings to help us understand how we are experiencing life and new situations. This can help us take actions to calm our body and mind and feel more in control of ourselves.



### Kind and helpful thoughts

Our thoughts are powerful predictors of our behaviour and can have significant impact on our bodies and feelings, they can also influence how we perceive situations and others. Being aware of your thoughts and taking control of them rather than being hijacked them can significantly improve our lives and overall wellbeing.



### Overcoming Lifes Challenges

Life has its ups and downs, however if we learn to calm our bodies and minds, live with awareness and approach challenges with a positive growth mindset, it can make things easier and reduce anxiety. A positive life is not about avoiding challenges, it's about equipping ourselves with the skills we need to overcome them.

## Programs

Each program is tailored to the age group and is designed to address and teach key skills to improve self-esteem, self-confidence, resilience and empower your child to become the best version of themselves.

This is designed to be a preventative program to equip your child with the skills they need to address the challenges they will face. These skills can be applied to all aspects of their lives and help them feel more in control, so whether it's transitioning to high school, dealing with anxiety, exam pressure, dealing the friendship groups, these skills provide the basis for a happy healthy life.

### **Wellness Warriors Junior Program – 7 – 10 Years (1 hour Session)**

Each session includes 15 min mindfulness & Awareness & 45 min emotional and social skills development session, through experiential learning opportunities with the horse and other animals.

### **Tough Tweens Program – 11-13 years (1 hour session)**

Each session includes 15 min mindfulness & Awareness & 15 min mindset session and a 1 hour emotional and social skills development session, through experiential learning opportunities with the horse and other animals.

### **Tough Teens Program – 14-17 years (1 hour session)**

Each session includes 15 min mindfulness & Awareness & 15 min mindset session and a 1 hour emotional and social skills development session, through experiential learning opportunities with the horse and other animals.

## Cost

The program runs weekly for 8 consecutive weeks and you are signing up for the full course as each session builds upon concepts learned at the previous session.

Full course costs \$480 when paid upfront (\$60 per session)

Or it can be paid weekly via Direct Debit for \$65 per week

There will be a maximum of 8 participants per session



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# Student Registration Form

This information will be treated in the strictest confidence and will only be shared with your riding coach to enable them to provide you with a better riding experience and keep you safe.

Students Name:

Age:

Parents Name:

Best contact Number:

## Medical Conditions/Disabilities/ Special Requirements:

Please detail any medical conditions, disabilities or special requirements your child may have. This includes anxiety, depression, mobility issues, pain etc.

Previous injuries, surgeries etc. that could impact your ability to ride a horse or would be beneficial for your instructor to know.

## Emergency Information

I advise that I ☐ Do / ☐ Do Not ☐ have ambulance cover

### Emergency Contact Details

Name:

Contact Number:

Relationship to rider:

Name:

Contact Number:

Relationship to rider:

By signing this form I agree to the best of my knowledge I have disclosed all relevant information that may impact my ability to ride, I will notify staff of any changes and agree to these terms and conditions for the duration of my time riding at Wanneroo Riding Centre.

Guardian Name:

Signature:



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# Terms and Conditions

Wanneroo Riding & Therapeutic Centre does everything it can to make horse interactions as safe and enjoyable as possible. However horses are prey animals and by their very nature can be unpredictable, therefore there is always the risk of injuries.

By participating in sessions you accept this risk and waive your right to sue Wanneroo Riding & Therapeutic Centre for any injuries sustained whilst on the property.

Students Name:

Date:

## Conditions of Participation in our wellbeing Program

- I agree to wear suitable clothing, including long pants and enclosed shoes (trainers are fine however short boots with a small heel and solid base are recommended)
- I agree to be sun safe ensuring I have adequate water, and sun protection
- Our staff will be there at all times to supervise you during sessions, so please ensure you follow their instructions at all times
- I agree that I have fully disclose any medical conditions, physical or mental disabilities I have that may affect my ability to follow instructions
- I agree that if I don't feel comfortable undertaking any activities I will notify staff
- I agree that if I am feeling sick or dizzy on the day I will notify staff and they can adjust session accordingly
- I agree that I am liable for the cost of an ambulance should I require one as a result of an injury
- I agree not to hold Wanneroo Riding & Therapeutic Centre or any of its staff liable for any injury I sustain whilst at the centre
- I agree to follow instructions of staff at all times
- I Understand that I am signing up to the full 8 week course and that there are no makeup sessions or refunds if I am not able to attend a session

By signing this form I agree to the best of my knowledge I have disclosed all relevant information, I will notify staff of any changes and agree to these terms and conditions for the duration of my time Wanneroo Riding & Therapeutic Centre.

Guardian Name:

Signature:



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## Payment Options

☐

Single upfront payment \$480

☐

Direct Debit (8 x \$65 weekly) Complete form below

Bank Details – for single payments. Please use your child's name as a reference;

Kate Jessop  
BSB 062-692  
Acc. No. 10434645

## Wanneroo Riding and Therapeutic Centre

Phone 0412922588  
wannerooridingcentre@gmail.com  
170 Rousset Rd, Mariginiup 6078

### DIRECT DEBIT REQUEST

Customer Name:

D.O.B.:

DDR Reference #

Customer Address:

Email:

Phone:

\* If debit exceeds \$1,000 per month the customer's full name, DOB, address & phone MUST be supplied along with a valid photo ID (Passport or drivers licence)

I/We request Pay Advantage\* ABN 38 749 739 150 (User Ids 378881, 616715, 513885, and 513886) to debit funds from the nominated account according to the schedule below.

Upfront Debit Amount \$             Date

Recurring Debits Amount \$             Frequency ☐ Weekly ☐ Fortnightly ☐ Monthly ☐ Quarterly ☐ Yearly Start Date

The debit will continue on a recurring basis unless an amount reached is specified below:

Amount Reached \$         (excludes any on-charged fees)

Fees (if on-charged) Setup \$1.98 Per debit \$0.88 Per Dishonour \$4.95 Per Reminder \$0.42

Account BSB       Account            Account Name \_\_\_\_\_

\* If debiting from a joint bank account, both signatures are required.

\_\_\_\_\_  
Date \_\_\_\_\_

### Direct Debit Terms & Conditions

#### Direct Debit service agreement

The Upfront (if specified) and Recurring Debits will be debited from the nominated account according to the schedule specified above. Recurring Debits continue until the Direct Debit has been cancelled or the Amount Reached has been specified and met. Any on-charged fees are excluded when determining if the Amount Reached has been met.

If a scheduled debit date has passed before the Direct Debit has been activated (authorised and approved) then these debits will occur on the next possible processing day after activation.

It is your responsibility to ensure that:

- your nominated account can accept direct debits (your financial institution can confirm this); and
- that on the scheduled debit date there is sufficient cleared funds in the nominated account; and
- you advise us if the nominated account is transferred or closed.

If your debit is returned or dishonoured by your financial institution, the dishonoured debit will be re-debited from your nominated account in addition to any applicable fee(s) as listed above. Any drawing due on a non-business day will be debited to your account on the next business day following the scheduled drawing date. Dishonoured debits may be re-debited together with other scheduled debit(s). Should you cancel the Direct Debit, instruct your bank not to make payment, or more than two (2) consecutive debits are dishonoured we may cancel this agreement and the remaining scheduled amount plus all penalty charges will be due and payable.

#### Changes to the service agreement

Changes to the drawing service agreement can be made by clearly outlining the requested change(s) in writing and sending them to the Provider. Changes may include deferring a debit, altering debit amounts, stopping a debit, suspending the Direct Debit, or cancelling the Direct Debit completely. The notice period for any such proposed amendments shall be no less than thirty (30) days in advance of the intended effective date of the changes. If a cancellation is requested due to the merchant's variations to terms of the debit agreement, no penalty should be imposed.

#### Enquiries

All enquiries should be made to the Provider in the first instance, and then to Pay Advantage\*. All communication should include your full name and/or company name, the BSB/Account number being debiting, and return contact details. All personal customer information held by us will be kept confidential except information provided to our financial institution to initiate the drawing to your nominated account.

#### Disputes

If you believe a debit has been initiated incorrectly, we encourage you to take the matter up directly with the Provider in the first instance. If the dispute remains unresolved, then you can lodge your concern in writing with Pay Advantage\*. You will receive a refund of the debited amount(s) if the reason for the debit(s) is not substantiated.