

## CREATION WEEK

This program will help students to find meaning and purpose for their life as they think about what kind of future they want to create for themselves. Empowering, motivational, life-changing, equipping. Students will learn how to strip everything back and rebuild their life with the elements that they choose for themselves. Meditations help students to find the answers they are looking for within themselves. Internally motivated on an intrinsic level they will learn how to find what they need to persevere through difficult circumstances and challenges.

**Day 1 – Foundation.** Lead students through an enquiry into what they want to colour their life with. Encourage through discussion to choose love as the foundation for their life. Explore what love is, what it looks like and learn how to build it into their lives through meditation and practice with the horses. Understand that we are one whole being made of body, mind and spirit and that we need to come into alignment internally for us to be effective in life.

**Day 2 – Create space.** Students discover the effect of emotions on our health. Learn how to create space by emptying out pain, grief, anger, and fear. Explore different ways to express emotions. Learn the meaning behind them and how to use them to your advantage. Use the horses as a support to empty out.

**Day 3 – Boundaries.** Discuss our limitations as human beings and what we need to do to take care of ourselves physically, mentally, socially, and spiritually. Examine personal boundaries to check for sustainability. Create a path for the horse to follow. Can you help the horse through the path? Debrief & discuss learning.

**Day 4 – Time management.** There is a time for everything! How do you plan, organise and manage your time? Understand the principle of seasonality and discern what season you are in. Creative time management activity with the horses. Explore how and where to find guidance. Look for ways they are/can be a guiding light to help others find their way. Guide the horse to his food. Discuss.

**Day 5 – Creativity.** Discuss the differences between an 'abundance mindset' and a 'poverty mindset'. Explore creativity. What does it look like? How do you tap into it? What blocks creativity? Obstacle challenge activity with horses to practice being creative in facing challenges. Think tank - apply creative thinking to real life challenges.

**Day 6 – Leadership.** Everyone is a leader to some degree, at the very least, we need to lead ourselves! Explore opportunities for leadership. Personal leadership checklist. What does a horse look for in a leader? Practice being a leader for a horse. Discuss what worked and what didn't. What does it make you think of? Where have you seen something similar in your life?

**Day 7 – Celebration.** Students learn the importance and purpose of celebration. Students get to celebrate what they have learned with the horses. Learn about the Cycle of Experience and how letting go and making space for the next thing is a healthy part of life. Students can reflect on this in their own lives.

