

IGNITIONS!



Program Overview: The aim of this 6 part program is to improve students' ability to support themselves by being more aware of themselves and their relationship to others. IGNITIONS will spark creativity and assist students to develop positive attitudes towards themselves and those around them. We will increase awareness, discover boundaries, build self-esteem, grow emotional intelligence, explore values, and support creativity and leadership skills. Each session in the program runs for 1-2hrs.

Session 1 – Awareness: Students will practice increasing their awareness of their environment and themselves. Students will learn how awareness will help them to make choices in life.

Session 2 – Boundaries: Students will learn how to set boundaries to keep themselves safe and discover where their personal boundaries for contact with others are.

Session 3 – Self-Esteem: Students will learn how to support themselves internally and will explore how they (and others) are affected by their thoughts.

Session 4 – Emotional Intelligence: Students will learn to notice, name and express their feelings safely. We will explore the 4 main feeling domains and discover how horses experience emotions and deal with them.

Session 5 – Values in Relationship:

Students will look at different ways of relating to others and discover what they value in relationship and how to have a relationship based on respect and understanding.

Session 6 – Creativity: Students will learn what helps them to be creative and what blocks their creativity. They will grow their leadership and creativity in learning to face challenges.



All activities are ground based and are conducted under professional supervision in a safe manner. No horse-riding will be taking place.