

LEARN ABOUT HORSES

This simple yet fun program uses horses to spark new thoughts in students around self-care and living in community with others. Adjustable to specific age groups, this program is a great place to begin helping students to understand the need to care for themselves and others. 3 x 1 hr sessions for individuals or 90 minute sessions for groups (we can adjust the amount of information shared to keep to 1 hr but this may reduce program effectiveness).

Program outline:

Session 1

- ☐ Explore safety and self-preservation instinct in horses.
- ☐ Observe and interact with horses (on the ground).
- ☐ Students discuss how the horses responded to them, their survival instinct in themselves and others, trust, and the benefits of living in community.

Session 2

- ☐ Learn about the eating & drinking habits of horses.
- ☐ Make up a special mineral feed for a horse.
- ☐ Discuss how they make sure they get the nutrients and vitamins they need personally and manage their portion sizes.
- ☐ Groom horse while she eats from hay net.
- ☐ Discuss horse priorities (safety before eating before socialising) and compare to student priorities. Draw comparison to poisonous plants to identify things to avoid putting into their bodies. Call to action.

Session 3

- ☐ Learn about how horses communicate.
- ☐ Observe the horses and describe what they are communicating to us.
- ☐ Experiment with communicating with the horses.
- ☐ Discuss similarities and differences between horse and human communication (honest, constant, body language / tone / words, hiding pain). Discover student communication patterns. Identify safe people to talk to. Explore what makes a safe place to share. Students identify if they are able to create safety for others to share.

Group size: 1 to 18 students at Harmony Acres in Wanneroo, or 1 to 6 at your school.



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.

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.



HEALTHY RELATIONSHIPS

This 10 week program is designed to help people understand how to build positive, healthy relationships in their life.

Session 1 – It starts with us. The importance of self-awareness and commitment to self-development. The golden rule – Do to others as you would have them do to you. Relationships are a co-creation of 2 or more entities, you only have power over one of those entities – you!



Session 2 – Expectations. What are your expectations, do they match with what the other person expects? How do we find out? What is realistic? What do we do when the expectations don't match up? What do I need from a friend, student, teacher, parent? How do I communicate that?

Session 3 – The Task vs Relationship Dilemma. Sometimes we need to get stuff done, other times we want to build relationship with others. What should be prioritised? How do you manage relationships and tasks? How about those around you? What does putting the relationship first look like?

Session 4 – Genuine Contact. Often we connect with people based on a projected image of ourselves. What would it take to connect with someone based on our true self? What could happen if we did that? The horses live in the space of genuine contact and are good role models for us to observe and practice with.

Session 5 – Contact Styles. Ways we make contact that may or may not be genuine. What is the Pride/Shame continuum and where do I fit? How does that affect my relationships? What is humility really? How can I change if I want to?

Session 6 – The Trust Account. There are things we can do to build or break trust in a relationship. What are they? Learn what we can do when we break the bank. What happens when the trust account is healthy?

Session 7 – Conflict Resolution. Which one of the 5 conflict resolution styles do you currently experience in your relationships? The Avoiding Style, Competing Style, Accommodating Style, Compromising Style, or the Collaborating Style? How can you move towards a collaborating style?

Session 8 – Effective Communication. What is the process your message goes through to get to the other person? What gets in the way of effective communication? What can we do to give our message the best possible chance of getting through and being effective?

Session 9 – Listening. How can we make sure we heard the other person correctly? What is the difference between active and passive listening? How do we listen with our whole self? How to give feedback to the speaker.

Session 10 – Celebration. It is important to honour and celebrate others and your relationships. What happens when we don't honour and celebrate one another? What are different ways we can celebrate and honour each other?

Aligned Living Program Information Sheet – For questions or bookings contact Joy on 0439 985 017 or email: alignedliving@live.com.au