

Come Alive



HorseSense

The Ultimate Communication Experience



A fresh approach to inter-personal communication, leadership and life skills development for people.

Sessions focus on communication competency and the role it plays at home, in the workplace, at school and with personal issues of our day.

Features hands-on work with live horses (no riding) in a safe, secure indoor environment.

Horses desire "natural leadership". They allow people to experience immediate feedback and feel the energy of simple, effective communication.

HorseSense is an exhilarating workshop experience guaranteed to achieve profound results. This workshop has been created to meet the unique needs of people and address concerns of today's business and community leaders striving for more effective life skills for people.

HorseSense is a very personal and meaningful experience.

Feel the rush ... and Come Alive!

This is an ideal way to reward staff for a job well done, deal with communication issues, leadership issues or other inter personal interaction issues you face on a daily basis.

Ideal for ages 13 and older

Located 20 minutes from Sherwood Park



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Communications Management

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HorseSense

... an educational workshop, targeted training!

safe, well supervised and practical ... in a modern indoor facility!

Ideal as a retreat for people looking to enhance their inter-personal life skills

Families, businesses, community groups, schools, hospitals ... *have fun ... & Come Alive!*

What will people learn?

People learn to listen ... to be aware of themselves ... and others

- to listen more and maintain a heightened state of awareness
- to tap into *higher levels of life skills* at work, at school and at home

Why use horses?

- Horses have the ability to help people relax their defenses and the walls they build up around themselves. This opens the relationship between oneself and others.
- Horses are a bridge to self-esteem and emotional strength, establishing trust bonds that overcome fear and aggression. This bond tends to inspire productive behaviour, caring attitudes and a philosophical orientation to life.
- Horses never lie. They respond honestly to the way you interact with them. As well, they are non-judgemental and give honest, unbiased responses. When you change, they change!
- Horses desire 'natural' leadership.

HorseSense encourages responsibility, trust and positive relational skills. By coming into the barn, the horse's environment, participants are forced out of their asphalt and concrete world into a natural, safe place. The 'barn environment' **encourages individuals to be relaxed and creative, as well as discover the importance of respect, boundaries and resulting freedom that comes from reconnecting with nature.**

Horses are not only beautiful creatures to be with, but **they offer a gift of love and healing to us all**, no matter what our situation or circumstances.

For more information

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For children 12 & younger - **The Arabian Horse Reading Literacy Project**

