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# Emotional Intelligence and Well Being-Groups

## Building Relationships to Inspire Learning

**Our group emotional intelligence and well being sessions are perfect for groups who would benefit from extra input relating to managing their feelings, working with others, and in transferring these skills into a class based situation.**

These sessions are measured so that the impact of them can be evidenced.

These sessions include riding and non-riding equine, outdoor, and creative class based activities. Over half a term, or a term, students will learn:

- The different zones of the brain, and how to recognise which zones they are using when they are calm, when they are having big feelings, and when they can learn
- How to actively use creative techniques to manage and regulate their feelings, thoughts, and behaviours, so they are better able to learn
- To increase their self-awareness and become aware of qualities they possess and those they would like to develop within themselves
- To develop empathy for others, and trust in others, including people and horses
- To gain confidence in their ability to impact positively on the people and horses around them



**Sessions:** Sessions usually run for a whole school day (10-2.30), at our site in Telford, although we are able to run sessions at your school if needed. Appropriate levels of staffing are required to stay with the group, and join activities, at all times.

**Cost:** The cost per day is £175 plus £20 per child attending. Groups size is usually 4-12

**Age:** The programme is suitable for all children aged between 5-16. It is tailored to meet the specific needs of each group.

**Measuring:** In a time of tight budgets we know that impact needs to be measured. This programme has a specific set of objectives which are measured throughout, so that impact can be evidenced upon completion of the sessions.

This programme is designed and run by Debbie Woolfe. She is a qualified teacher with over 10 years experience teaching in mainstream, special schools and PRUs. She works in partnership with Telford Equestrian Centre, a BHS registered riding school. Their work with Stable Relationships has been featured in numerous national publications such as TES online, The Times, The Mirror and Channel 5 News. Fully enhanced DBS certificates, all appropriate insurance and qualifications are in place.

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