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Intensive 1:1 Emotional Intelligence Course

Building Relationships to Inspire Learning

This intensive programme will benefit young people who are struggling in one or more areas of their life. For example, young people who are at risk of, or excluded from school, those who are struggling in foster or residential care, or those who are at risk of, or are involved with, anti-social behaviour.

These sessions are measured against objectives specific to each young person, so that the impact of the programme can be evidenced.

Sessions include riding and non-riding equine, and creative class based activities. Over 12 sessions, depending on the needs of each young person, topics covered may include:

- Brain development and the parts of the brain used when horses and people feel calm and stressed
- The reasons why horses and people feel each different feeling
- Strategies to calm horses and ourselves down when they/we have big feelings
- How to be trustworthy for a horse, and what we need them to do, so we can trust them
- Experiencing heightened stress and managing the situation
- Sharing responsibility and knowing what we are and aren't responsible for
- Giving and receiving feedback
- Gaining awareness of the qualities that make us who we are, and those of key figures in our lives.



Sessions: Sessions run for 90 minutes, usually at our site in Telford, although we are able to run sessions at your venue if needed. Appropriate levels of staffing are required to stay with the young person, and join activities, at all times.

Cost: The cost for the programme is £1200 (£100 per session)

Age: The programme is suitable for all young people aged between 8-18. It is tailored to meet the specific needs of each young person.

Measuring: In a time of tight budgets we know that impact needs to be evidenced. Specific objectives are set by the young person and referring agency, at the start of the programme. The objectives are measured throughout, so that impact can be evidenced upon completion of the programme.

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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