



THE HEART CENTRE

Healing Hearts and Minds with Horses

HEART FOUNDATION



Course Starts: TBC
12 modules over 6 months

w/e 1: Modules 1 & 2
w/e 2: Modules 3 & 4
w/e 3: Modules 5 & 6
w/e 4: Modules 7 & 8
w/e 5: Modules 9 & 10
w/e 6: Modules 11 & 12

Cost: £2,997 Payment Plan Option £497 deposit
followed by 5 x monthly payments x £500
OR £2,497 if paid in full

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"There is no greater problem than the power within you to overcome it"

Have you ever wondered what the REAL cause of health problems, unhappiness, scarcity, behaviour challenges, conflicts, addictions, depression, drama is?

Have you ever felt dogged with depression, frustrated with a futile job or powerless to help people you know with problems?

Do you wish you could understand your partner, friends, families (and foes) better?

What if... you could discover a blueprint for creating communication, connection and consistency that works with all types of relationships?

What if... you understand why you attract the people, experiences and situations you do?

What if... learning these secrets, you are then able to share them to make a difference not only in your own life, but the lives of clients, friends, family, the planet?

Now imagine... you can learn all of this from amazing sentient beings- a beautiful herd of horses that bring theory alive and teach at the highest level.

Imagine... being able to make powerful transformation to other people's lives.

Imagine... your life filled with a sense of passion and purpose

Would that be a life worth getting up in the morning for? Would that be living your purpose?

This Equine Assisted Coaching programme does just that. Consisting of an initial foundation level of 12 Self Mastery modules and working with the horses, provide effective tools to transform many life challenges. This can then be followed by a



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further 12 modules of practical application and facilitating these coaching principles with practise clients and the horses.

The HEART Foundation Course is for the more advanced student that wishes to go beyond just mind and psychology. By being willing to personally explore the empowering principles and experience healing with the horses, potential HEART Equine Assisted Coaches and therapists get to witness first-hand the benefits of this powerful process, **thus making for the best empathetic, knowledgeable and experienced equine-assisted practitioners in the industry.** This then gives you the essential tools to facilitate clients and horses effectively, efficiently and empathetically.

Whether you just want to gain clarity in your own communication skills, learn how to deal with conflict compassionately or just increase your authenticity, this course supports you completely and gives you the foundation to facilitate others in transforming their life, especially with horses.

Along with the nonverbal communication of horses you learn, how and why you attract certain people into your life. They highlight the beliefs, behaviours & blocked emotions that may be getting in the way of fully enjoying relationships.

Benefits of studying to become a HEART equine assisted coach and practitioner:

- ✓ Large herd of over 25 horses giving you a huge variety of learning opportunities and experiences. You get experience working at liberty, leading, working with whole herds & individually & more.
- ✓ The most extensive, intensive and comprehensive programme available providing you with the ability to market to a much broader audience on completion of your qualification. Best value compared with content to cost.



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- ✓ Programme personally and diligently designed by Wendy Firmin-Price to give you the benefit her 30+years' experience of working therapeutically with horses and humans and was one of the pioneers in Equine Assisted coaching and therapy in the early 1990's
- ✓ Coaches are professionally assessed at the end of the training by outside verifiers ensuring highest standards of EAC are maintained.
- ✓ HEART is the only EAC programme that includes scientific spiritual healing principles, combined with sentient secrets from the horses which gives you and your clients the highest outcomes from these unique therapeutic tools you work with.



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The HEART model stands for the values of

HARMONY: Choose peace over conflict authentically

EMPATH: Seek to understand everyone's point of view

ACCOUNTABILITY: Be responsible for your choices and actions.
Allow others theirs

RESPECT: Respect yourself and others

TRUTH: Speak your truth with kindness, Live your life with integrity

Behind virtually every challenging behaviour, health issue, financial lack, career catastrophes and human conflicts there is a relationship disconnect with someone, something, somewhere.

Applying the HEART principles to any problem, swiftly brings answers and solutions thus restoring peace.

The other benefit and purpose of the HEART foundation course is to learn a variety of exercises that can be used when working with the horses plus being able to see how the different responses from the horses truly mirror and act as a metaphor for your life challenges. When you go on to do the facilitator you are prepared, compassionate and ready!!



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Module 1.

It's only a Belief and a Belief can be changed!

Beliefs create your experience of reality. It is not just conscious beliefs that can cause havoc, but the subconscious ones can seriously sabotage success, relationships, finances and family life.

Horses respond to belief systems both positively and negatively. Managing mindset is the most fundamental importance of any transformation process.

Discover the Belief Busting Blueprint and how the horses can reveal outdated beliefs and consolidate new ones.

Module 1. Intended outcomes

- ✓ Students learn how to access and change their own and client beliefs.
- ✓ Students are introduced to the way horses highlight both conscious and unconscious beliefs
- ✓ Students receive structured blueprint for changing beliefs.
- ✓ Students experience mindset management through experiential work with the horses.



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Module 2.

Mirror Mirror on the wall...

There are powerful scientific Universal Laws of Energy at work whether you believe in them or not. Discovering how the key ones like laws of attraction, reflection, cause and effect operate, gives you the tools to deal with every life situation with understanding.

As Horses are totally tuned into energy they make for the perfect mirror and metaphor to illustrate these laws. They give you the insight to understand...

Why you attract certain people and situations to you,
How to deal with difficult people in a unique way
Handle challenging events & with ease & confidence.

Module 2. Intended Outcomes

- ✓ Students learn important scientific laws of energy
- ✓ Students experience the power of these laws with the horses illustrating the different ways they work
- ✓ Students learn a unique system to transform any challenging situation they or their potential clients may have
- ✓ Students learn how to work with the horses as a mirror or metaphor of relationship issues.



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Module 3.

Embracing Emotions Effectively

Blocked, disassociated or misunderstood emotions are at the core of all behavioural issues, illnesses, financial problems, success sabotage and relationship problems. Without emotional intelligence and understanding of the effect feelings have on your life, body and environment you are at a disadvantage to make successful changes.

Horses are emotive creatures and can show you how to develop and feel your truest feelings.

You discover how to stop using feelings as weapons, have the courage to embrace emotions effectively and how to support others with their feelings and emotions empathetically.

Module 3. Intended Outcomes

- ✓ Students gain simple tools to heal emotions effectively in themselves or clients
- ✓ Students learn how to release blocked emotions from the past
- ✓ **Students learn how to connect with the horses to bring out the truest emotions**
- ✓ Students learn the mind - body and energy connection of emotions
- ✓ Students learn the detrimental power of unhealed emotions have on themselves, their environment and other people.



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Module 4.

Overcoming Fear & Failure

We all have fears of varying degrees and is a natural response when you feel insecure, threatened or vulnerable. Fears of rejection, losing control, failure, the unknown etc. plague relationships, opportunities and decisions.

Horses are a prey animal and live by the flee, flight, fight, freeze or fiddle about principles for their safety. However, they do not live in total fear all the time!

Learn how they tune in and can make confident decisions and trust the outcomes. Learn how to communicate with fear and make it your friend.

Module 4. Intended Outcomes

- ✓ Students learns what fear is, how to work with it.
- ✓ **Students work with the horses to feel confident in handling power**
- ✓ Students learn how to gain courage and confidence for themselves or potential
- ✓ **Students learn powerful tools to overcome anxieties, insecurities and vulnerabilities by working with the horses.**



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Module 5.

Compassionate Communication

At the core of nearly all conflicts, behaviour and relationship issues, lack of clear communication is the common denominator

Horses are masters at providing you with an absolute clear picture of how effective (or not) your communication is. Let them reveal the true art of getting your needs met.

Discover how they can show you how to meet the needs of others without being demanding or dutiful. Learn how nonverbal communication helps you find your true voice to create connection, commitment and connection.

Module 5. Intended Outcomes

- ✓ Students learn how to deal with conflict confidently
- ✓ Students discover how to encourage responsiveness & willingness in all your relationships
- ✓ **Students learn from the horses how to encourage responsiveness & willingness in all relationships**
- ✓ Students learn the power of non-verbal communication.



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Module 6.

Heart of The Matter

Any trauma, drama or event from the past that is not fully resolved will show up in relationship problems, financial issues, family fights, career failures or dis-ease. To heal sabotaging behaviours, addictions and other destructive coping skills, it is of vital importance to heal these childhood challenges, vows and strategies that no longer serve.

Horses help humans heal heartbreaks, betrayals and losses by being able to give unconditional love, acceptance and regard in a way that is so profound yet simply authentic.

Discover ways to uncover the hidden cause behind and illness, lack or disharmony so that you can allow success in all areas of your life.

Module 6. Intended Outcomes

- ✓ Students learn how to focus on family paradigms and healing early childhood challenges.
- ✓ **Students experience horses teaching about loving from the heart and how to love the unlovable**
- ✓ Students learn how to find the hidden cause of any problem to make way for success in career, relationships, finances and family.



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Module 7.

Happiness is...

The fear of true happiness is ironically one of the biggest fears humans can have yet the pursuit of it is what drives many through life with beliefs like if only I could be happy. Humans try and control outcomes, people and events to try to find happiness with little result.

Horses give the opportunity to discover the real source of joy and happiness and what is meant to trust the process.

Learn the art of true acceptance and the path of least resistance to feel authentic joy.

Module 7. Intended Outcomes

- ✓ Students learn how to stop looking for happiness in all the wrong places
- ✓ **Students Horse's role in showing us how to overcome the fears of losing control**
- ✓ Students learn how the horses help you to release blocks to happiness
- ✓ Students learn how to truly trust the process to reach joy for themselves and their potential clients.



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Module 8.

Your Net Worth = Your Self-worth

Your relationship with money and success can serve as an indicator to the level of self-worth you have. Serial sabotage patterns can reveal hidden levels of self-attack.

Working with a variety of horses you get to discover what areas of your worthiness could be improved.

Learn how to have the courage to be more authentic to Improve your relationship with money and success. Learn the power of commitment and action to increase flow, fortune and freedom.

Module 8. Intended Outcomes

- ✓ Students release self-sabotage & other destructive patterns and learn the power of selflove
- ✓ Students open-up to an abundance of love, prosperity and opportunity into their lives
- ✓ **Students learn how horses teach true worthiness and gratitude.**
- ✓ Students discover how to get a magical money mindset from healing financial traumas.



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Module 9.

Love is letting Go

One of the biggest obstacles to success comes from hanging on to the past. The more resentments hurt and shame that is held the more destructive the self-sabotage operates. Non- forgiveness doesn't affect the other person, but it can affect you or your life.

Many horses have been through traumatic pasts and yet can show humans how to let go of the past and learn how trust again. Experience the transformation you and the horses can go through together.

Learning to forgive is the quickest way to unblock hurts and frustrations. Feel the freedom of forgiveness gives you to turbo charge your life.

Module 9. Intended Outcomes

- ✓ Students learn the effect of non-forgiveness on the lives of themselves and their potential clients
- ✓ Students learn how to let go of the past by the power of forgiveness
- ✓ **Students experience forgiveness exercises in the presence of horses that have succeeded in letting go of the past**
- ✓ Students experience what freedom from the past can feel like.



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Module 10.

When you OWN the NOW, you have WON

Inner peace is the antidote to all stresses of life.
Having released the past in previous modules energy is now available for creativity, passion and purpose.

Experiencing horses as sentient beings gives you the opportunity to experience what living in the present really means and feels like.

Learn how to do the Present Moment Release with the horses to feel perfect peace to create harmony, happiness and health.

Module 10. Intended Outcomes

- ✓ Students learn different tools to destress
- ✓ **Students learn how to get themselves, horses and potential clients present**
- ✓ **Students experience the power of the present moment with horses to expand trust and confidence**
- ✓ Students connect with their Higher consciousness to create a powerful future
- ✓ Students learn how to meditate with the horses.



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Module 11.

Loving Leadership

Leadership comes in many forms from leading a family to leading a country. There are numerous styles to leadership.

Horses are natural followers but require confidence in their leaders. Learn how to work with the horses to discover how to be an empowering leader that other want to follow.

Applying these techniques of leadership, you can apply them to many aspects of your own life and experience how you and others can feel confident in your decisions and direction.

Module 11. Intended Outcomes

- ✓ Students find out how to follow others without losing their own integrity and values
- ✓ Students learn how to lead by example and walk their talk
- ✓ **Students learn how to become the leader horses and people want to follow**
- ✓ Students learn empowering tools and techniques to authentic leadership
- ✓ Students learn the different leadership positions and when to use them.



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Module 12.

The Purpose of Living-Living your purpose

All discontent, struggle and frustration have its roots in being off track to your life purpose.

The horses show you how to get back on track and how the horses can help you develop your relationship with the Divine and Nature to connect with that purpose

Connect with your soul and your purpose Be fulfilled beyond measure Let the horse's ability to be at one show you how to Live, love and work from your HEART.

Module 12. Intended Outcomes

- ✓ Students learn how to find their true purpose in life
- ✓ **Students work with the horses to find new direction and intention**
- ✓ Students gain tools to set new goal for life love and living
- ✓ Students confidently advance towards their purpose with energy, enthusiasm and excitement.



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I hope you enjoyed reading the content of the course and it helped you see what's possible.

It has been truly inspiring watching the transformations for people over the years.

Any questions at all, please don't hesitate to get in touch with me directly.

Much love,

Wendy

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