



**THE HEART CENTRE**

Healing Hearts and Minds with Horses

## Turning Teenage Challenges into Triumphs

Do you find school full of pressure and overwhelm?

Do you often feel a failure and not good enough, so always trying to be perfect?

Do social settings make you feel depressed, stressed and self conscious?

**Yes?**

**Then come and join us on this fun workshop and discover how you can:**

Feel calmer and more in control

Learn how to change the inner to affect the outer

Come away feeling more confident and have the courage to be yourself

**On this ½ day workshop:**

You get to explore how the horses can help you

Upgrade old beliefs and behaviours so you can feel better about yourself

Discover the secret to feeling good enough just the way you are

Come away feeling more confident and calm and have the courage to be yourself (warts and all)