



THE HEART CENTRE

Healing Hearts and Minds with Horses

HEART EQUINE ASSISTED COACH



12 modules over 12 weeks

Dates: To be confirmed

Cost: price on application

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

Module 1 Role of Equine Assisted Facilitators

- Outline of course aims and outcomes
- Purpose / reason for becoming an equine assisted facilitator coach
- Health and safety Issues & First Aid
- Horsemanship /client Safety
- Insurance & other legalities
- Grounding exercises /icebreakers
- Learning different modalities of EAT EAC EFL EGL EAP
- Spiritual Healing Principles

Module 1 Outcomes

- Students to clarify the WHY they want to be an equine assisted facilitator
- Understanding Legal requirements
- Understanding Health & Safety & First Aid for horse, rider and use of premises
- To have a variety of exercise to either ground or create icebreakers for groups
- Understanding the differences and formats of Equine assisted work
- To outline Spiritual Principles and their healing roles and effects in EAF



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Module 2 Care of The Horses in EAT

- Care of the horse in Equine Assisted Coaching and therapy
- Opening and closing a horse
- Asking permission from the horse
- Body language of the horse in sessions
- The difference between horse's stuff and the humans issues
- Effects of the Equine Assisted Coach own energy on clients and horses
- Possible issues or problems the horses can undertake for humans

Module 2 Outcomes

- The importance of ensuring the horses welfare is considered in EAT
- Preparation and after care of the horse
- How to ask permission
- Being able to recognise the different body language of horses & its meaning
- How to differentiate between horses, humans, facilitators energy and issues
- How to help horses taking on board unnecessary problems from humans



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Module 3. Coaching the client

- What the difference is between coaching counselling Mentoring, facilitating,
- Coaching questions with the horses
- Empowering the client
- When to step in, when to hold back
- How to interpret the horse's responses
- Exercises for building clients confidence
- Spiritual & Metaphysical Principles and its value in EAT /EAC continued.

Module 3 Outcomes

- Understand the difference between coaching counselling and mentoring
- Different styles of coaching modalities
- Student has format of questions to guide sessions with the horses
- Student learns difference between empowerment and disempowerment
- Student has variety of exercises to use
- Continuing understanding of principles



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Module 4 Boundaries

- Setting Boundaries for clients & self
- Working with client's perception reaction to boundaries in their own life
- Horsemanship knowledge regarding boundaries
- Interpreting boundary invasion etc,
- Bonding, fusion and attachment theory
- Mind principles working with horses
- Spiritual principles continued

Module 4 Outcomes

- Students learn importance of setting boundaries with themselves and clients
- Students are able to help clients establish healthy boundaries in their own life
- Students learn a number of exercises with the horses regarding boundaries
- Students learn how to use mind & Spiritual principles in their sessions



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Module 5 Facilitating Change

- 7 stages of change
- Helping clients deal with fear of change
- Working with the horses to improve confidence in clients
- Self esteem and self worth.
- Horse exercises to illustrate rewarding the try and positive reinforcement
- Clean language and its power with working with a herd of horses

Module 5 Outcomes

- Students understand where their clients are in the stages of change
- Students gain exercises and tools to help clients overcome fear of change
- Students gain knowledge to build confidence and self-esteem in clients
- Students understand the metaphor of rewarding the try
- Students Understand "Clean language" and its use as an equine facilitation tool.



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Module 6 Dealing with Endings

- Coping with the stages of loss
- Helping clients look for the gift
- Embracing New beginnings
- Working with the horses to help heal emotions
- Working with horses to expand trust
- Encouraging clients to understand trust
At a deeper level
- Dealing with risk and moving forward

Module 6 Outcomes

- Students are able to help navigate clients through dealing with loss.
- Students have the tools to support clients with ability to embrace the new.
- Students acquire more equine facilitation exercises around emotions
- Students learn spiritual meaning of trust and its interpretation through horses.
- Students able to help clients risk more.



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Module 7 Conflicts & Confrontations

- What is conflict
- How Horses reveal client inner and outer conflicts
- Horses helping clients overcome fear of confrontation
- Dealing with anger in clients
- Dealing with confrontations
- Understanding the effect the coaches' own inner conflicts have on the session

Module 7 Outcomes

- Students learn what conflict is and why conflict happens
- Students acquire skills to both deal with clients' confrontation and clients having to deal with confrontation
- Healthy ways to deal with anger
- Understand the role of the horse in solving any conflict

Module 8 Rejection Resentment & Resolution

- Helping clients move beyond blame and shame
- Helping clients embrace the rejected self with the horses
- Understanding meaning behind difficult people and situations
- Allowing the horses to show the shadow self and how to heal it

Module 8 Outcomes

- Coaches are able to empower their clients to move forward
- Coaches empower their clients to feel more whole
- Coaches help clients understand how to get meaning from difficulty
- Coaches work with the horses to Help clients feel integrated



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Module 9 Beyond Betrayal, Rise Above Abuse

- Working with horses that have had abuse and betrayal
- Working with clients who have been abused and how to move them forward
- Healing self-attack and self-loathing
- Importance of self love
- Together how horses & humans can heal abuse

Module 9 Outcomes

- Coaches learn how to deal with abused horses working therapeutically with clients
- How to help clients overcome self-attack and self-hatred
- Power of love
- Healing power of horses

Modules 10 Review & Revisions

- review & revision of course
- Outline of assessment day
- DBS barring requirements
- legalities of EAC
- Insurances
- Review of case studies completed

Module 10 Outcomes

- Actual theory paper completed
- Coaches prepared for final assessment day
- Coaches given feedback on coaching skills
- Coaches submit case studies



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Module 11 Assessment preparation

- Written Theory Assessment
- Mock assessment day
- Private 1-2-1
- Group coaching
- Co facilitation

Module 11 Outcomes

- Coaches thoroughly prepared for assessment day in variety of scenarios
- Group, 1-2-1 & co facilitation
- Coaches achieve qualification
- Coaches complete case studies
- Coaches receive Diploma

Module 12 Assessment day

- Outside verifiers to assess coaches
- Introduce EAC to clients
- Private 1-2-1
- Lead Group
- Co-Facilitate
- Receive Qualification

Module 12 Outcomes

- Coaches prepared for format of assessment day
- Coaches prepared with legalities
- And insurance requirements
- Coaches given feedback on case studies complete



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

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

Much love,

Wendy

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