



Winter-Spring 2024

Bowden + Olds, Alberta.

***'Horse Inspired Self-Discovery'***

Equine Facilitated Wellness presents, "**Leadership through horses**" sessions...

-Locations- 10 min. north of Olds or at the Bowden Anchor B Arena-



**'We are also eligible for child/youth funding through the Jumpstart Program'**

**"EARN 16 High School credits through the Olds College, Green Certificate available!"**

**Looking to improve** your communication skills, find your voice, increase social connections, confidence and self-awareness...we can partner with horses!

**Curious about enhancing** personal insights, managing stress, setting S.M.A.R.T. Goals?

**Seeking positive changes** in your daily habits and are drawn to nature and animals?

Consider... ***'Horse Inspired Self-Discovery'*** ...

for **2 hours, once a week/month or a 2-3 day Workshop, Retreat or Camp!**

**I am deeply passionate about developing opportunities** for youth and adults to experience personal empowerment, promoting wellness and enriching our learning through partnering with horses and nature! Working and living in a 'life coaching' and horse leadership role for over 40 years with youth and adults has led me to further pursue my certification in....

**Professional Equine Facilitated Wellness- Canada!** I am grateful to share this opportunity to develop our goal-achieving strengths in our... "**Leadership through Horses**" sessions!

\* **Retreats/Camps-** half or full day programs spring/summer 2024.

\* **EFW sessions run:** M-F 9:00-12:00 and 1- 4:30. Saturday/Sunday 9:00- 5:00 pm.

\* **Winter 2023- Spring 2024-** Individual sessions (2-3 hours) or small groups of 4 available.

\* **No school days, Home School/After School program sessions-** M-F 9-12, 1-4 + 3:30- 5:30



**A powerful introduction to the ‘intuitive power’ of horses...** By participating in **dismounted** equine activities we can delve into fun and challenging exercises that blend **learning and wellness sessions with youth, adults or families** in 1:1 or small group configurations (max. of 4 participants). We explore and practice key elements of **developing healthy ‘Horse Herd’ relationships and brave boundaries** with our equine companions while **building confidence, mindfulness and positive emotional connections** that relate to all areas of our school, work, social and family lives!

**Horizon Equine EFW also can be a great introduction if you are wanting to learn how to ride horses through building your confidence and personal awareness. We offer individual/group sessions or a series of weekly, 2-3 hour themed E.F.W. sessions and retreats that include;** learning **horse safety, herd behaviour/dynamics, leadership development, healthy and respectful relationships, communication styles and body language, social connectedness, decision making and problem solving, stress and anxiety management, empathy, goal setting, team building, personal boundaries and empowerment!**

**All of these qualities are within us and developed through the horses!** Partnering with horses and a trained facilitator builds on our self-awareness, confidence and character through the development of open communication skills, mindfulness and focus, the importance of appropriate body language and the expression of honest and authentic emotions. Join me in our **“Horse Leadership” sessions** for an experiential (hands on), and enriching learning environment with calming grounding exercises, stimulating cooperative games, and inspiring horse connections that will leave you with an unforgettable personal experience!

**Contact:** Colleen Herzog, Owner/Lead Facilitator at Horizon Equine- EFW, RR#3, Site 12, Box 26, Olds, Alberta. **[403-556-5504](tel:403-556-5504)**

Check out our website at; ([www.horzonequineefw.com/](http://www.horzonequineefw.com/) OR [info@horzonequineefw.com](mailto:info@horzonequineefw.com))

**\*GIFT CERTIFICATES AVAILABLE\***