

## What is EAL?

Equine-Assisted Learning (EAL) is an effective approach to human development through horsemanship. Participants engage in team emphasized exercises and find themselves learning valuable skills through the dynamics of horses.

The EAL adult program series was designed to facilitate the building of personal development skills, while 'using horse sense'. Since its inception, we have found that participants receive a wide range of benefits, especially when enhanced by the followup efforts of other community resources.

Bullying continues to be a major problem in workplaces across the country. EAL encourages positive change by specifically targeting self esteem and bullying. It assists those with mental health challenges, those supporting them, as well as the bully and the bullied.



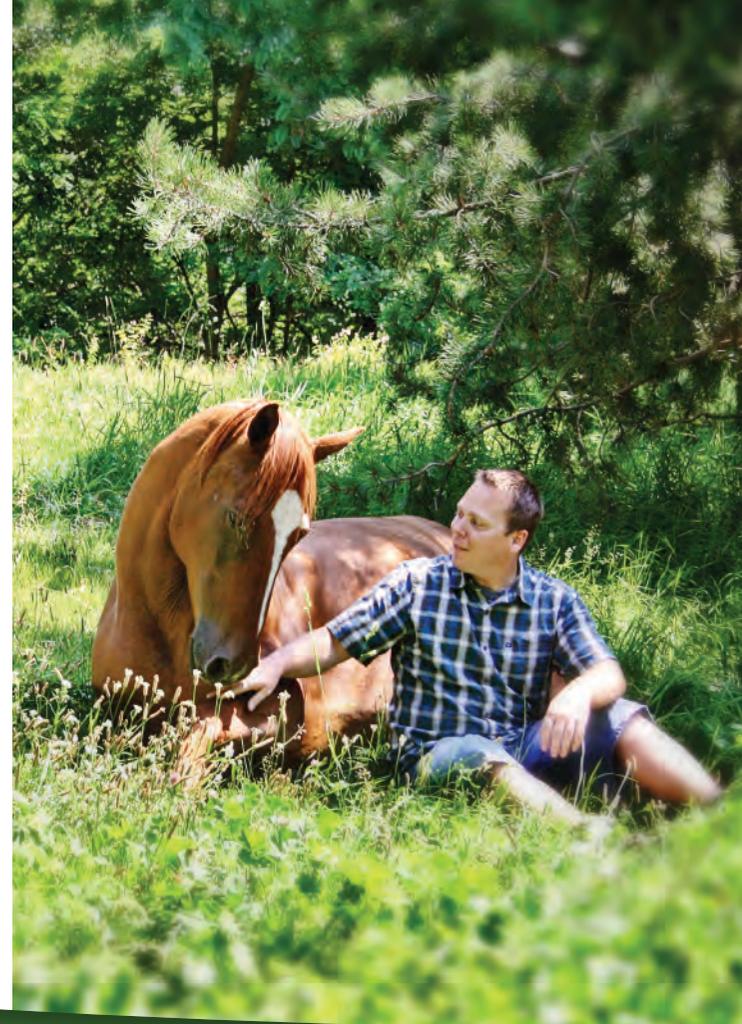
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**EAL** is an effective motivator.

**EAL** programs provide an exciting and engaging learning environment.

**EAL** has proven to be effective, powerful, interesting, exciting, positive, educational, and creative. This particular building block style helps individuals better understand the role they play, their effectiveness and their value, as they participate in exercises designed around the true nature of the horse. We call it, "**Using Horse Sense.**"

*Let a horse whisper in your ear and breathe  
on your heart. You will never regret it.*



## ADULT PROGRAMS Equine-Assisted Learning

*Exciting, positive,  
educational, and creative!*

The first nationally recognized certified  
Equine-Assisted Learning  
Building Block™ Program Series ©

*“In the steady gaze of the horse shines a silent eloquence that speaks of love and loyalty, strength and courage. It is the window that reveals to us how willing is his spirit, how generous his heart.” -Anonymous*

## Life Skills Development

At EAL we take a pro-active approach to empower people with positive life skills and abilities, and to help them conquer the negative influences that surround them. It is our goal to offer each participant the opportunity to work with and learn from the horses...a dream come true for some, and perhaps a supportive exercise in conquering fears for others.

We teach the negative effects of peer pressure, effective communication, problem solving, conflict resolution, and other social needs. EAL also explores alternatives to choosing negative consequences, activities, or behaviours. The most challenging and poorly developed skills in our modern day 'technological filled' environments -boundary setting and appropriate assertiveness-are also addressed.

Our goal is to provide hope and healing to people that suffer from substance abuse, behavioural issues, attention deficit disorder, eating disorders, physical, emotional or sexual abuse, depression, anxiety and relationship problems.

## Individual Skills Development

Equine-Assisted Learning is a unique equine-assisted program designed to develop customized learning experiences that focus on enhancing specific skills in participants.

Participants are offered the opportunity to work through the program while learning about themselves, their abilities to form relationships, how to contribute to a team, and how their unique barriers may assist or limit them.

The facilitator's task is to be present and 'listen' to the horse's non-verbal communication as they help to reveal the individual's personality, and guide them to become balanced, healthy and emotionally skilled. Personal growth and self-discovery often result in a life-altering change as they work through the program.

*The therapeutic value of these immense, powerful beings is not to be underestimated.*



## Why Horses?

In a horse's world, the rules are clear, easy to understand and consequences are dealt with swiftly. Being prey animals, nature has provided them with astute senses and instincts. Horses can discern the difference between a calm, non-threatening approach versus an anxious, nervous approach. Their survival depends upon it!

Horses require strong leadership and are willing to follow, but only after they find respect and trust. If we provide contradictory behaviour, they will question and challenge our authority to lead. Horses respect the stringent structure of hierarchy. In a horse's world, teamwork is respected and expected. **Horses respond favourably to positive stimulus and respect FAIR consequences.**

Horses are tough and steadfast dance partners; they don't judge, but they don't forget. They don't let you cheat, and their feedback is honest.

