

Equine Learning Experiences Australia

5 Part Program for Carers

Learn strategies & techniques to honor yourself as an individual & a carer so you feel more empowered to support others.

5 sessions over 10 weeks: Carers play an important role of looking after another persons emotional , social and physical needs. To adopt this role over weeks, months and years without the risk of burning out, we must also keep ourselves fulfilled and nurtured on all levels.

‘Equine Learning Experiences Australia’ has designed an equine assisted learning program specifically for carers that incorporates specific strategies and techniques that will assist and support to honor your thoughts, feelings and coping mechanisms so as you can in turn become empowered to be fulfilled both as an individual and as a carer.

When we are in alignment physically, emotionally and spiritually, not only will the horses be willing to connect more deeply with you but they will give you the knowledge and feedback to take this learning into other areas of your life.

The ELEA program for carers explores the principles of healthy boundaries. Learning how to honor your needs in a balanced and respectful manner whilst managing the demands and expectations of others.



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Through experiential activities with the ELEA herd, We look at how we can increase balance in our lives and what this may look like and feel like.

Drawing upon specific life coaching techniques the ELEA horses will support you to listen to and interpret your environment from a much broader perspective. This increased self awareness may be able to decrease any feelings of stress that you may be experiencing and in turn increase your coping mechanisms which in turn will ensure your role as a carer is more easeful. The six part program will include activities around.....

- Self Awareness
- Mindfulness
- Healthy Boundaries
- Messages and Meaning behind your Emotions
- Body Intelligence
- Honoring your Authentic Self
- Balance and how to create it in your life.



- **Next Program commences February 2014**
- **The Investment for the ELEA Carers Program is \$495**
- **For further enquiries, contact Emily McVeigh directly on 0415 991 115 or via email to emily@elea.com.au**