* ***Build Resilience***
* ***Reduce Stress & anxiety***
* ***Build upon Inner Resources***

Inner balance and resilience is paramount to our kids coping with the day to day pressures of life and school.

ELEA equine learning workshops show kids through experiential learning activities with the horses how to use inner resources they have that they most likely didn’t even know they had.

This 3 part program will consist of 3 x 2 hr sessions in total. $60 per session + $50 resource pack optional

Topics covered will be around.

* Increased awareness around self limiting thoughts
* Healthy Boundaries
* Leadership starts with ourselves
* Honoring our feelings & emotions
* Mind /Body connection
* Identifying strengths

ELEA is at the forefront in Victorian schools of building resilience in students, so give your kids these holidays something they will have forever. **No NoL**

No horse riding