



Horse Wisdom Program

Our Horse Wisdom program offers a unique and powerful approach to personal growth and healing through a series of seven one-hour sessions.

By observing our retired racehorses and interacting with them in a safe and controlled environment, you will learn how to regulate your emotions, cultivate empathy, and develop the skills necessary to face life's challenges with courage and resilience.

This immersive and transformative experience is designed to enhance your self-awareness, promote emotional regulation, and improve your ability to communicate effectively and openly.

Love, connect, engage, laugh and feel good!

Who would benefit from this program

- Teenagers
- NDIS participants
- Suffers of PTSD
- Individuals with anxiety, trust issues, and or relationship barriers
- Anyone seeking to deepen their self-awareness



Horse Wisdom program sessions

Throughout the seven sessions you will be guided through activities that will help you to set boundaries, develop self-awareness and establish healthy relationships with yourself and the horses.

1. Regulation and calm state
2. Awareness and noticing
3. Setting boundaries
4. Healthy relationships
5. Kind and helpful thoughts
6. Natural feelings
7. Facing life's challenges



Participant testimonial

"It is hard not to be humble and grateful for this experience that I have enjoyed – it exceeded my expectations and more importantly delivered real life improvements! Words will never be able to convey my appreciation and gratitude for Kat and the Life with Horses family".

Andrew F - Program participant

Contact

For more information or to register for the Horse Wisdom program contact Life with Horses on kat@lifewithhorses.com.au or visit lifewithhorses.com.au.