



YOU DON'T NEED TO KNOW HORSES TO USE EMPOWERED PARENTING

One of the most common misconceptions about our Empowered Parenting programme here at Think Like a Pony, is that you have to have experience with riding horses or even have an affinity with horses in order to participate or benefit from our sessions. This couldn't be further from the truth. If you have never spent any time around horses, we understand that our sessions could feel like stepping into the unknown. Let's change that. Let's dive in to the concepts that make our sessions so beneficial and discover the core principles behind our Empowered Parenting programme, the role our horses play, and why you don't need to be a horsey person to reap the benefits.

OUR UNIQUE APPROACH

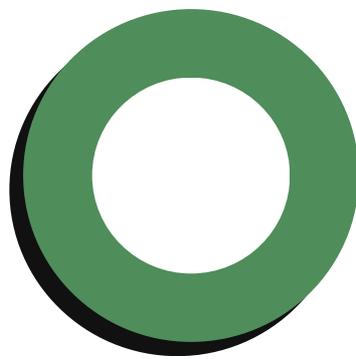
Unlike many Family Development courses, we take a completely unique approach to unpicking the complications that come with family dynamics. The families we work with have many obstacles to overcome when they join us but being a confident rider or even a horse lover is not one of them. So where does the horse come in? Our sessions are designed to help you learn the art of communicating with horses and through this learn essential communication skills that you can use within your home environment. Helping families to communicate with consistency is at the very core of what we do.

BREATHING TECHNIQUES

Breathing techniques are just one of the practical skills you will learn when you work with us. During our sessions, you will learn valuable coping strategies which you can call upon when you face a stressful or overwhelming situation in your daily life. We work with you to learn to respond to a situation or area of conflict, rather than react and once you realise that you are in control of your reactions, you are empowered to embrace positive change and encourage those around you to do the same. Choosing to shout, say something negative, or become defensive when someone criticises you is a choice, often made in the heat of the moment. Our courses give you the power to talk through issues in a calm and collaborative way.



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@think_like_a_pony
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CORE PRINCIPLES OF HONESTY AND RESPECT

The relationship between a horse and a human mirrors human relationships, both require a level of mutual respect to thrive.

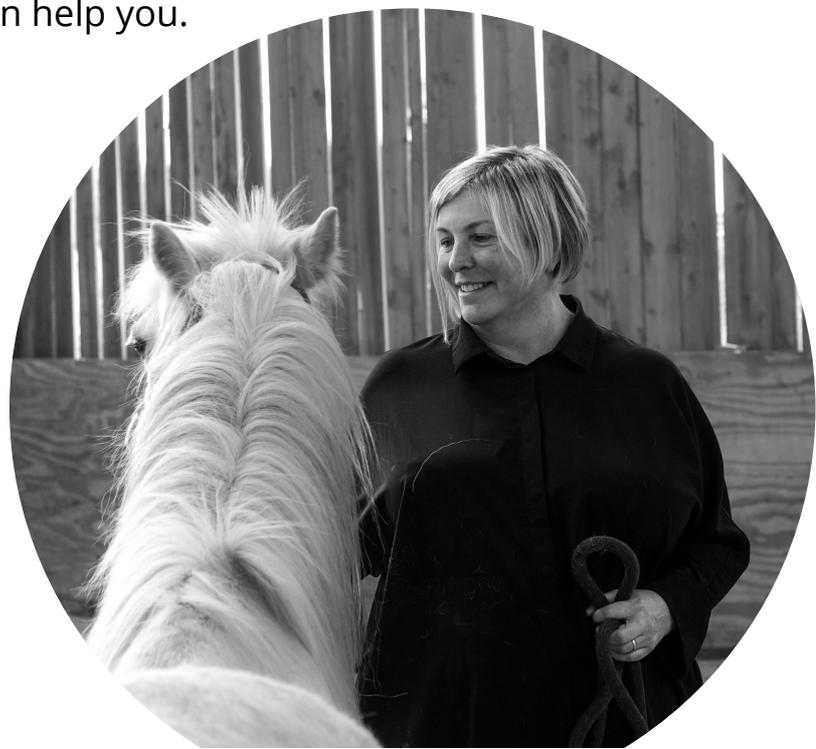
Learning to earn the respect of a horse can shine a light on your family relationships and the way you communicate with one another, and reprogramme the way you treat and value family members. These core principles are something we will touch on in every session and are the very foundation of the positive change we hope to evoke in others.

"I have really enjoyed the course. It's invaluable to learn what our children are learning so that we can do the same at home.

The course has had a positive effect on us as a family as we can work on techniques and breathing together. My daughter is learning how to self regulate using what she has learnt as well as changing her voice and body language to have a positive effect on how she feels."

LEARNING TO COMMUNICATE

A lot of the teaching we do revolves around the notion of going back to basics and learning the art of honest communication with those we love. Whether you work with us in a group session as a parent or a carer, or as an individual family, you will find that your needs are met with care and compassion. If you would like to find out more information about our Family Development Programme, please don't hesitate to get in touch with our team to see how we can help you.



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