

# LIFE SKILLS IMPROVE WITH EQUINE ASSISTED LEARNING

Studies show that engaging with horses improves **life skills** for people of all ages. **Equine assisted learning** is used to help identify body language and social cues, increase confidence, expand the ability to focus; heighten problem-solving skills, improve communication, and cope with challenge. EAL is especially helpful to understand the importance of setting boundaries and respecting those of others, particularly **empowering for teens**. Sessions are customized to meet goals for children, adults, and families and step families; groups, companies, and teams.



Why horses? Horses are naturally intimidating because they are powerful and large. This provides opportunity for participants to develop confidence and overcome their fears. Horses live in-the-moment and their behaviors are 100% authentic, serving as powerful messengers that present instant feedback of what is working and not working. Client interactions produce strong metaphors about their relationships with self and others.

Equine assisted learning does not involve any horseback riding, or require any horse experience. Activities may include observation and journaling/drawing, grooming, walking and/or standing with the horse or attempting to move the horse horses through patterns, obstacles etc.

HorsePlay is based at Nichols Field in Kerhonkson, NY. Owner and EAL facilitator Cori Nichols is a lifelong horsewoman and a certified Equine Specialist through Eagala (see [www.Eagala.org](http://www.Eagala.org).) EAL sessions are tailored to client goals whether individual, group, or family. Topic-specific workshops are also programmed. Cori also collaborates with behavior analysts, psychotherapists, special educators, life coaches, addictions counselors and/or social and case workers to provide customized experiences.

How to get started? Contact HorsePlay and schedule a farm visit, or demonstration: (845) 616-3608 or [email HorsePlay](mailto:email@HorsePlay.com). More at [HudsonValleyHorsePlay](http://HudsonValleyHorsePlay.com) or on [HorsePlay's Facebook Page](https://www.facebook.com/HorsePlayNY).

