



How Equine Assisted Learning Helps You

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There is nothing so good for the inside of a man as the outside of a horse. ~John Lubbock, "Recreation," The Use of Life, 1894

I'm often asked to explain what Equine Assisted Learning (EAL) is and what the benefits are, so I've put together the following short explanation about how it works.

The idea of EAL is that spending time with horses will positively and permanently change your life. EAL is very different to other well-known types of Equine Therapy, such as Riding For The Disabled where the emphasis is on the physical benefits that individuals can experience through riding horses.

While there are physical benefits to EAL, its focus is on the emotional, spiritual and mental influence that spending time with horses has on your life. EAL is experiential, meaning you learn by "doing" and the horse is a facilitator, a living breathing being who helps to direct your session, making it a combination of education, therapy and fun.

EAL is a great way to improve your confidence, communication and self-esteem and is very empowering, with the horse's honest reaction to your actions and behaviour giving you a deeper understanding of yourself.

Even at its simplest level EAL gives you a sense of achievement and wellbeing that is both lasting and valuable. In today's busy world you need to take time out for yourself and EAL enables you to discover a feeling of inner peace, to simply be "In the moment" and away from all the stresses and strains of modern life.



A horse is the projection of peoples' dreams about themselves - strong, powerful, beautiful - and it has the capability of giving us escape from our mundane existence. ~Pam Brown

Inspired Equine Assisted Learning CIC offers a range of bespoke Corporate Training Programs to businesses that wish to explore, develop and improve leadership, communication, personal growth, corporate culture and teamwork within their organisations. See www.inspired-eal.co.uk for more details.