

## What We Offer

Sessions are available for groups of up to 8 adults at the IdeAL Therapeutic Horsemanship Centre, situated just off the A17 between Boston and Spalding in Lincolnshire at Sunset Farm, Mill Lane, Fosdyke, Boston, PE20 2BL.

We have both indoor and outdoor arenas that allow sessions to continue whatever the weather.

We also offer Life-Coaching, Hypnotherapy, Neuro-linguistic Programming (NLP) and Reiki. If desired, and appropriate, we can incorporate aspects of these therapies with EAL to create a truly unique and customised therapeutic session.



## Further Information

For more information see [www.inspired-eal.co.uk](http://www.inspired-eal.co.uk); to arrange an informal visit to the Centre and/or to discuss your needs, please call Mike on 07729 909186, Claire on 07711 642247 or email [info@inspired-eal.co.uk](mailto:info@inspired-eal.co.uk).

Inspired Equine Assisted Learning (IdeAL) is a fully insured Community Interest Company that offers everyone the opportunity to experience how horses can enhance their wellbeing. To those with particular needs, Equine Assisted Learning (EAL) offers an effective alternative to traditional forms of counselling or psychotherapy.



Inspired Equine Assisted Learning CIC is a not-for-profit company limited by guarantee, registration no: 9803457

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## Corporate Training Programmes



## Innovative

Inspired Equine Assisted Learning (IdeAL) offers a range of bespoke Corporate Training Programs. This innovative training is offered to businesses that wish to explore, develop and improve leadership, communication, personal growth, corporate culture and teamwork within their organisations.

Equine Assisted Learning (EAL) is a unique learning experience that uses horses as active participants. Horses make perfect learning partners as their natural responses give immediate and honest feedback.

EAL does not involve riding and no prior experience with horses is required.

Our facilitators can tackle real challenges occurring in your business, develop teamwork and leadership skills, or simply focus on giving your team a rewarding, fun and original training experience.



## Powerful

Horses are powerful messengers. They are large and imposing, which creates a natural opportunity for some to overcome fear and develop confidence. Horses have no agenda and are completely honest; as prey animals, they live in the moment, are keenly aware of our emotional state and respond accordingly. The reactions of the horses help to highlight how we react when faced with different situations, giving us greater self-awareness; it is an especially powerful method to:

- Gain personal empowerment
- Improve confidence and trust
- Learn how to understand and control emotions
- Enrich relationships and interactions with family, friends and colleagues
- Discover effective techniques to manage stress and anxiety
- Enhance communication and problem-solving skills
- Develop a sense of wellbeing

Horses make perfect learning partners as their natural responses give immediate and honest feedback to our energy and body language, providing an accurate reflection of our current behaviour.

## Corporate Social Responsibility

Inspired Equine Assisted Learning is a community interest company (CIC) and is a business with primarily social objectives whose surpluses are principally reinvested for that purpose in the business or in the community, rather than being driven by the need to maximise profit for shareholders and owners. The fees we receive from corporate training programs help us to offer sponsored EAL sessions for adults and children from disadvantaged backgrounds looking for a new way to improve confidence and self-awareness, including people with behavioural challenges, mental health problems and learning difficulties.

