



Equine Clarity ~ Facilitated Learning & Coaching Certification

Certification Requirements:

What is Equine Facilitated Learning and Coaching?

Equine Facilitated Learning (EFL) is a unique and innovative approach, facilitating the experiential interaction of horses and humans. As animals with extremely large and sensitive guts and hearts, horses exhibit heightened emotional perception. The volume is not only turned up higher in their bodies, they don't have the relentless mental chatter drowning out important messages.

Domesticated horses retain the thought and behaviour patterns of their nomadic ancestors. Interacting with these animals on their own terms encourages a fluidity of human thought, emotion and behaviour. Horses cannot be easily manipulated or lied to. They respond to inauthentic and incongruent human behaviour with agitation, disinterest or by taking charge. They respond to authentic, congruent behaviour by connecting with eye contact or movement (even from far away).

The horses engage us in Experiential Learning – learning by doing. In this process, individuals gain knowledge, acquire skills, and enhance values from direct experience. Through structured exercises between horse, client, coach/facilitator(s), new perspective will be gained and reinforced promoting integration in individuals' daily lives to make the learning practical and meaningful. Horses have the uncanny ability to illuminate who we are. They respond to us as unique individuals and relate to who we are in our hearts and souls.

Experiential interactions combine wisdom of the horse as teacher and the skills and experience of the coach/facilitator(s) together, with the hopes and challenges of the person working with the horse. This process reconnects with the person's natural ability to heal. Being in the presence of a horse brings feelings to the surface. Regardless of whether the feelings generated are negative or positive, the relationship is a healing one because of the presence of the feeling itself. This facilitates emotional learning as people identify their feelings with greater ease and clarity, which opens the door to new choices for relationship and emotional growth.

Certification Process

Equine Clarity's Facilitated Learning and Coaching Certification is based on a 10-month hands-on training in Equine Facilitated Learning and Coaching, acquiring a combined certificate in Equine Facilitated Learning with Life Skills Coach Training. The foundation of this training will be secured in the philosophies and integration of Life Skills Coaching and Facilitation. Participants will successfully complete three core competencies and a final assessment by the facilitation/coaching team. Equine Clarity's program will assist each participant in the following goals:

- Clarify their vision for working with the horses and support them in advancing along their life path
- Facilitate the development of three core competencies providing the foundation of Equine Facilitated Learning and Coaching
- Provide a safe and supportive community of learning and growing, addressing each individual's personal needs and balancing it with the collective group process
- Gain the skills and knowledge of the Life Skills modality of training groups
- Explore and train in extensive hands-on practical experience with horses, clients and client groups

Equine Facilitated Learning Core Competencies: *Equine Clarity's program will have you master three core competencies as outlined:*

1. Group Coaching/Individual Coaching/Facilitation ~ the understanding, development and practice of individuals and group facilitation, co-facilitation practice and experiential process in workshop style. Life Skills Coach Training Level #1 will equip individuals in the understanding, development and application of core human behaviour using a life coaching perspective and experiential learning principles to assist people in their life healing journey. Life Coaching is a practice that helps people identify and achieve personal goals. Life Coaches assist clients by using a variety of tools and techniques. Life Coaching draws inspiration from disciplines such as psychology, sociology and positive adult development.
2. Equine Development ~ the understanding, development and application of the basic knowledge and management of horses and equine behaviour; horse selection, safety and facility requirements. Our practices are founded on principles derived from natural horsemanship, a broad term that describes a particular philosophy of working with horses in a gentle, non-coercive and respectful way that is based in an understanding of horse psychology and herd mentality/behaviour. Natural horsemanship emphasizes working with (or partnering with) the horse, as opposed to "breaking" the horse.
3. Body Awareness & Intuition ~ the understanding, development and application of intuition and the study of body language of human and horses, through working with energy fields. Our bodies are a powerful source of information when we tune into them.

Within the Core Competencies each student will grow in the following ways:

1. Personal Development ~ strengthens the internal work of their own personal issues within a "heal the healer" process. Will have an assigned coach.

2. Practitioner Development ~ work as an EFL practitioner, under supervision and with fellow participants to learn and deepen techniques
~ work 1:1 with 3 'real' clients, x 3 sessions each and complete one, co-facilitated group workshop
~ full participation/group development and completion of all core workshops
3. Continual Development ~ complete reading of books as assigned and write a paper based on the understanding developed from your choice of books

Equine Clarity's Core Competency Program Elements:

- a. **Group learning through experiential processes:** Our team will conduct 5, 3-day workshops to provide training to participants in Equine Facilitated Learning and Coaching. These workshops will assist in the learning and development of the 3 Core Competencies.
- b. **Coaching:** You will be assigned a professional Life Coach from our coaching team. Your Coach is a key supporter on your journey into this profession. As your guide, they will be attentive to your learning process and your personal development work. Your Coach is a personal and confidential advocate who provides ongoing support and guidance and helps you create and achieve personal goals and to hold yourself accountable for results. Homework may be assigned and returned to your Coach. Objectives will be determined at the outset and monitored throughout the learning process.

You and your Coach will have two 1-hour sessions per month. These sessions are arranged at a set time mutually beneficial to you both. You will be required to keep a journal as a tracking device during your journey.

Coaching will:

- Assist you in developing a powerful vision that fuels your motivation for the future
- Help you identify and build on your strengths
- Support you in taking consistent and rightful action

- Improve follow-through and accountability
 - Provide a confidential space to share blocks to your success and work through them
 - Enhance self-management concepts and techniques for your personal 'tool box'
 - Encourage you to develop your own style and meet your unique needs
- c. **Portfolio:** Participants are responsible for maintaining and completing a portfolio of their training experiences. The portfolio will track the Core Competencies certification requirements.
- d. **Required Reading List:**
- *Zen Horse, Zen Mind* ~ Allan J. Hamilton
 - *Riding Between the Worlds* ~ Linda Kohovanoff
 - *Horses Never Lie* ~ Mark Rashid
 - *The Untethered Soul, the journey beyond yourself* ~ Michael A. Singer
 - *The New Dynamics of Life Skills Coaching*

The goal of the reading list is to accentuate and deepen your learning of the Equine Facilitated Learning & Coaching Program. You will be required to write a reflective paper based on information gained from your choice of one of the books read.

Q & A:

Why offer a program for Equine Facilitated Learning & Coaching?

Equine Facilitated Learning & Coaching is a fledgling career opportunity that is an exciting and unique experience working with horses and humans. It is a non-traditional modality of working in the human services field. Our team shares the philosophy of horses as teachers and spiritual guides in the journey of personal growth in human development. There are other certification programs offered in this field and

we truly believe we offer a well-rounded program that includes skill development in all aspects of working with horses and humans.

What sets us apart from other programs?

Equine Clarity offers a dual experience that covers your skill development in working with horses using Equine Facilitated Learning techniques and working with humans, through the development of coaching skill sets and group dynamic education. Our team offers a unique combination of abilities and experiences that have culminated into this one program. We have a combination of equine professional experience coupled with a lifelong passion for horses and extensive careers in human services, ranging from counseling, coaching and training through 1:1 client work, group work, leadership and entrepreneurship. We believe in lifelong learning and 'real' lasting and sustainable change; thus, the training is 10 months long. It requires individuals who feel ready to embark on this journey to have a capacity and willingness to dig deeper into their own personal experiences for the purpose of their growth.

What can I do with my certification?

Our team will certify that you are able to understand and are qualified to deliver specific skills-based knowledge and best practices as it relates to the 3 competencies of human dynamics, equine knowledge, intuitive insight, body awareness and facilitation skills. Drawing on the skills developed and numerous tools to choose from, you will be able to conduct safe and effective programs commensurate with your abilities. The way you apply your knowledge will depend on your personal vision and your plan to work with horses and/or humans. We encourage a collaborative approach of working in this field and will guide you in your endeavors.

Who should consider this training?

We are interested in attracting individuals who have a calling to support the human spirit and a passion for horses. We'd love to work with people who believe in the

evolution of human development and have a deep desire to bring the energy and teachings of horses to the experiences of peoples' life journeys. Individuals who currently work within a human services career (ie: Therapists, Life Coaches, Counsellors, RSW's/MSW's) are welcome to further develop skills and abilities in adding horse learning to their portfolios.