



The Coaching Room

Equine Clarity ~ Facilitated Learning @ Coaching Certification

Equine Clarity Certification Program assists you in the following goals:

- facilitates the development of three core competencies providing the foundation of Equine Clarity - Equine Facilitated Learning and Coaching
- provides a safe and supportive community of learning and growing, addressing your personal needs and balancing it with the collective group process
- gain knowledge and experience in facilitation and coaching through the foundation of Life Skills Coach Training
- experience extensive hands-on practical experience with the horses, clients and client groups
- clarify your vision for working with the horses and support you in advancing along your life path
- develop awareness and agility through a one-to-one coaching approach
- complete a core competency portfolio of your training experience

The overall goal of Life Skills Coach Training is to provide the opportunity to practice, develop, understand, and evaluate coach training.

The following lessons will be provided:

1. Building a Learning Community
2. Effective Communication
3. Understanding Personal Learning and Training Styles
4. Effective Problem Solving - “the key to Life Skills”
5. Group Dynamics/Group Behaviors
6. Designing a Life Skills Lesson/Facilitating a Life Skills Lesson
7. Saying Good-Bye: Successful Closure

8. Evaluation in Life Skills Coaching

Course objectives to be met are as follows:

- ◆ orientation of new learners to Life Skills Coaching Model
- ◆ introduction to Life Skills theory and methodology of adult education
- ◆ establishing creative learning contracts
- ◆ creating a physical environment conducive to learning
- ◆ establishment and maintenance of group standards and goals
- ◆ recognition of personal limits and growth areas
- ◆ communication on the learner's level
- ◆ motivation of group members
- ◆ demonstrating your group leadership
- ◆ identification and action on (changing) needs of the group
- ◆ design and present a Life Skills Coaching lesson
- ◆ selection of appropriate resources
- ◆ facilitation of behavioral change toward a balanced self-determined person
- ◆ practicing giving and receiving feedback
- ◆ transference of learned skills to everyday life
- ◆ practice personal evaluation through the experience of journaling
- ◆ facilitation of group closure

The horses engage us in Experiential Learning – It is an approach to teaching and learning that helps to link theoretical, abstract knowledge with practical, concrete experiences. In this process you gain knowledge, acquire skills, and enhance values from direct experience. Through structured exercises between horse, client, and coach/facilitator(s), real world learning in new perspectives are gained and reinforced in your daily life 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. Through Equine Clarity's training, both personal and professional growth is attained.

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

1. Group Coaching/Facilitation & Human Interactions ~ the understanding, development and application of core human behavior using a life skill coaching perspective and experiential learning principles, to assist you in developing as a Balanced Self-Determined person. Life coaching is a practice that helps people identify and achieve personal goals in 5 areas of life. Life coaches assist clients by using a variety of tools and techniques. Life skill coaching draws inspiration from disciplines such as psychology, sociology and positive adult development. The foundation of the training is a methodology called Life Skills Coach Training. It is a behavior-based change model incorporating problem-solving behaviors

used appropriately and responsibly in life affairs. We believe in this model because a skill has the following characteristics:

- it has a definite purpose
- it can be described in terms of observable behavior
- an increase in competency can be observed

In this way, skill development is ensured for each student. Participants who successfully complete the training will be certified as a Life Skills Coach and Equine Facilitator.

2. Equine Development ~ the understanding, development and application of the basic knowledge and management of horses and equine behavior; horse selection, safety and facility requirements. Our practices are founded on principles derived from natural horsemanship, a broad term that describes a philosophy of working with horses in a gentle, non-coercive and respectful way. It is based in an understanding of horse psychology and herd mentality/behavior. Natural horsemanship emphasizes working with (or partnering with) the horse. Key to learning within these competencies are;

- the safety components necessary when working with horses
- a level of understanding and skill about the 'nature of horses'
- 'at liberty' with horses partnering in their natural state
- knowledge of herd dynamics
- horse communications through their emotional instincts
- clarity of the horse as spiritual teacher/coach
- deepening of the horse/human connection

3. Body Awareness Through Intuition and Energy

- basic understanding of the energetic chakra system
- intuitive development
- body consciousness as powerful informer and impact on horses
- the understanding, development and application of intuition and the study of body language of humans and horses
- exploring our bodies as a powerful source of information when we tune into them
- Human interactions – communications through body language

www.thecoachingroom.com
susan@thecoachingroom.com
519-433-0703

Certifying facilitators and coaches in the 'spirit way' of the horse and human...