



Gully's Learning Ranch

Your Path To Self Discovery

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Program: 8-Week Empowerment Curriculum Program

Duration: Once weekly, consecutively, for ~75-minutes in length (time depends on discussion length)

Description: Each week, we begin our session with a briefing in our Barn Classroom, where we discuss what we will be focusing on that day and reflecting on the past week's objective. Then, we head over to our arena with our horse teacher, where we work together, on the ground at eye level with our horse, through an objectively-driven obstacle course. Throughout the session, I parallel lessons learned from your horse teacher to everyday life and how we can use these skills for positive change and achieving our goals. We end our session back in our Barn Classroom, where we have a debrief discussion on what we learned from our horse, how we can apply these lessons to our goals, and reflect on the objective of the session. Handouts and worksheets to take home with you are provided to allow for additional learning retention and application of that learning to everyday life. Refreshments are provided (water, snacks). Restroom facilities on site.

Outline: Here is a weekly outline of a sample 8-Week Empowerment Curriculum Program:

Week 1: Orientation & The Journey

- **Objective:** Building Healthy Relationships
- **Description:** Building healthy relationships begins with building a healthy relationship within. This week, we focus on learning about Equine Assisted Learning and how to communicate and work safely with our horse teacher. We also begin, and prepare for, our new journey of self-discovery by understanding how powerful our intention, mindset, and inner dialogue can be. Our intended outcome is to set goals and positive intentions for the program ahead, while also building a relationship with each other, the horse, and within.

Week 2: Balance & Boundaries

- **Objective:** Appropriate Assertiveness & Personal Boundaries
- **Description:** How much pressure is too much to put on yourself, or on someone else? This week, we focus on setting personal boundaries, while learning how horses communicate through something called "Pressure & Release", which is essentially appropriate assertiveness. We will observe how much pressure is truly needed to get things done and how we need to release that pressure. Setting personal boundaries is both healthy and essential for positive change.

Week 3: Energy & Grounding

- **Objective:** Knowledge & Understanding Our Energy System
- **Description:** Unbalance, or dis-ease, within ourselves, and our energy will lead to feeling lost, unsure of the future, and could eventually cause disease in the body. This week, we learn about how our energetic system works and how lifechanging a better understanding of how to maintain balance can be within our lives. A horse can help us learn what areas of our energetic systems, and ultimately our lives, that we must focus on, develop, and appreciate about ourselves, and a horse can help us ground ourselves with every step we take into our futures.

Week 4: Who Are You?

- **Objective:** Communication & Self-Reflection
- **Description:** Self-reflection comes down to self-esteem and self-worth, which truly are the same thing. This week, we focus on our inner judgement and attitude and to learn how powerful our emotions, intentions, and energy truly is. What do we need to feel confident? What do we need to feel grounded? Learning about our communication style this week, more about ourselves and our authentic voices, as well as helping us to work better with others.

Week 5: Problems & Solutions

- **Objective:** Creative Problem Solving
- **Description:** Sometimes we must think outside the box to come up with solutions that last. This week, we focus on how plan development can help us solve problems and brainstorm new ideas. We look at how common sense and problem solving work together. Observing how, even the best laid plans, go through a trial and error process, we are encouraged to be persistent and come up with creative solutions.

Week 6: It's All Up To You!

- **Objective:** Choices & Consequences
- **Description:** Goals are not achieved by chance, but through a series of choices. This week, we focus on making positive choices that are right for us, that make us feel safe, and are within our personal boundaries. As we work with our horse teacher, we can see how our choices lead to consequences and those choices will decide if those consequences are positive or negative. We will be able to see how we can make the "right" or "good" choices to find success in life.

Week 7: Life Is A Highway

- **Objective:** Goal Setting
- **Description:** Setting our goals on the road of life is essential for finding positive change and growth. This week, we look at goal setting and moving forward with our goals. Learning how we need to set our intention, or our energy, towards our goals in order to achieve them. We will go through the SMART Goals acronym and how to set our intention towards effective, and achievable, goals for ourselves.

Week 8: Symbols Of Strength

- **Objective:** Personal Power & Independence
- **Description:** Finding personal power, a power that comes from describing ourselves in positive and true words, is essential for moving forward into our future and achieving our goals. This week, we look at symbols and words that bring meaning to our intention, to ourselves and our energy, and how they can affect the way we live, work, and love. By setting our intention on our horse, we will see how genuine our symbols and words that we choose about our self truly are. Learning to take charge of what we want out of our lives by getting creative and building our own obstacles to show our symbols and words of strength.