

“Choices”



In the world of our young people, there are many opportunities to get off track and make choices that lead to negative consequences. "Choices" is an energizing experiential program using the power of horses to provide youth the tools and skills to make better decisions in their lives.

L-E-A-D programs offer an exciting and engaging environment that creates opportunities for growth and learning. Our professional staff and horse partners guide participants through focused activities and discussions designed to heighten awareness of their personal responsibility in their lives and learn the effects of their choices on themselves, their family, and others around them.

Participants are provided with a challenging environment where they can:

- Develop self awareness
- Use new insights to make better choices
- Be challenged to a more honest perception of self & peers
- Recognize patterns of behavior that keep them stuck
- Learn how to take the power out of peer pressure
- See the consequences of their choices & try new strategies for solving problems
- Develop a sense of responsibility for their decisions
- Interact with, observe, & learn from others



Participants are encouraged to look for and find healthy and effective problem-solving strategies. They take away powerful experiences that help them build life skills in:

- ~ Life Choices
- ~ Communication
- ~ Decision-Making
- ~ Conflict Resolution
- ~ Responsibilities
- ~ Self-Perception
- ~ Relationships
- ~ Anger Management

Who should attend: Young people desiring to make better choices to reach their goals and live up to their full potential! Program is available for ages 13 - 17, and 18-25. NO horse experience is needed. This is not a riding course; no riding is involved and all activities are done on the ground.

Workshop Details:

School year programs are 3:30-6:30 p.m. for 3 weeks. Summer hours are 1 -5:30 p.m. for 2 weeks. Dress for the weather as activities are done outside.

Includes "Emotional Intelligence" pre & post self assessment for ages 18-25

Group size limited to 12 participants.

Call for (330) 274-2693 for workshop dates & registration, or visit our website at www.LeadershipEAD.com.