



# Empowering young people to reach their potential

## Leading Edge *Life Skills* Youth Programs

### High Schools – Youth Groups

Our unique and interactive online and face-to-face programs provide a powerful journey of learning and understanding. Young people learn from horses in a way that involves them mentally, physically and emotionally, creating immediate change through experiential learning.

***Fun + Hands-on Learning = Lasting Change  
...because you can't fool this teacher!***

Participants work alongside our magnificent horse 'teachers' to:

- Strengthen leadership and communication skills
- Build self-awareness and self-confidence
- Overcome barriers and embrace change
- Build empathy, trust and compassion for others
- Recognise differences as strengths and embrace teamwork

**How?** Our unique approach harnesses the immense power of horses who accept participants without judgment. They respond to energy, intentions, actions and body language. If you are brave enough to really 'listen' to their feedback, horses help you become the best version of your unique and wonderful self!

**No prior horse experience necessary – no riding – participants partner with their horse from the ground**

For more information and bookings:

**[leadingedgelifeskills.com.au](http://leadingedgelifeskills.com.au)**

We offer a range of programs for High Schools and Youth Organisations, including:

- 'Be You' – Self-confidence and Leadership Program
- Embracing Change – Transitions Program
- Engage and Empower for Positive Change – Youth at Risk Program
- 'Be Kinder' – Anti-bullying Program

All programs can be tailored in content, structure and duration to meet the specific needs of participants and organisations.

