



Leading Edge *Life Skills*



Leading Edge
Life Skills

For more information and bookings:

leadingedgelifeskills.com.au

Leading Edge *Life Skills*

Confidence. Consciousness. Compassion.



BeYou@TheBarn Empowerment Program

For Equine Connection Facilitators

Our unique and interactive **BeYou@TheBarn - Empowerment Program** has been designed specifically for Equine Connection Facilitators to help you reach more clients despite the challenges of the current environment. All businesses must adapt in order to grow. Now more than ever, flexibility in the way we deliver programs for clients is vital in ensuring our businesses continue to thrive. So how do we continue to reach clients in these uncertain times? How can we remain agile, responsive and proactive? How can we be flexible in delivering programs?

BeYou@TheBarn is the answer!

This innovative approach to skills development takes the lessons learned with our horses and brings these to life in an online environment for your clients! Flexible delivery allows YOU to choose whether to run the programs face-to-face or online or a combination of both.

- ✓ Our flexible delivery platform = options to run the program **ONLINE** or **FACE-TO-FACE!**
- ✓ Greater flexibility = the ability to reach **MORE CLIENTS!**
- ✓ Can be offered as a stand-alone product or alongside your EAL programs = **INCREASED SALES!**

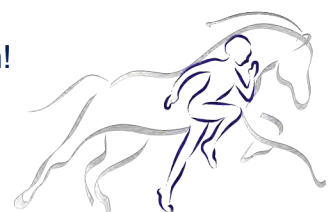


About the Program

BeYou@TheBarn provides a powerful journey of learning and understanding, designed to support young women in developing the skills they need to be the leader in their own lives. The program ensures **teen and pre-teen girls** develop the self-management and interpersonal skills they need to become empowered, self-confident and resilient young people. Further developing emotional intelligence and self-awareness lays the foundation for your clients to find their true 'inner-leader'.

The program has been designed in partnership with Educators and is endorsed by Child & Adolescent Mental Health Professionals to ensure the robust nature and psychological safety of the content provided.

'Be You' for Boys & 'Renew You' for Women Coming Soon!



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BeYou@TheBarn Empowerment Program

Your Facilitator Package includes:

- ✓ A complete, ready-to-go skills program for teen and pre-teen girls based on the lessons learned from our horses (for ages 11 - 17)
- ✓ Content and activities endorsed by Educators and Mental Health professionals
- ✓ Flexible delivery options - run online or face-to-face
- ✓ 6 x 50 minute lessons arranged over three units of study
- ✓ Detailed facilitator lesson plans and additional resources
- ✓ Narrated lesson content videos
- ✓ Group and/or individual activities with detailed worksheets and discussion questions
- ✓ Optional homework and extension exercises for higher ability students
- ✓ Over 12 hours of engaging content for your clients!

BeYou@TheBarn Marketing Package (Optional)

In addition to the facilitator package, you can opt to purchase the Marketing Package which includes everything you need to kick start your programs and secure new clients today.

You will receive:

- ✓ A selection of over 20 images formatted specifically for social media platforms (Facebook and Instagram)
- ✓ Flexibility to use images on other platforms including your website, flyers, emails and other platforms
- ✓ Impactful advertising text that has been carefully crafted following market research within the target market

Option #1
BeYou@TheBarn

So much value for:
\$697AUD!

- ✓ A 'ready to go' curriculum-based, 6 unit program
- ✓ Over 12 hours of content and activities for your clients
- ✓ Detailed facilitator lesson plans and additional resources
- ✓ Endorsed by Educators & Mental Health Professionals

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Option #2
BeYou@TheBarnPLUS!

Even more value for:
\$746AUD!

- ✓ All of package #1
- PLUS...BeYou@TheBarn Marketing package!!!**
- ✓ 20 beautiful images formatted for facebook advertising AND
- ✓ 20 beautiful images formatted for Instagram advertising AND
- ✓ Sample advertising text for website and social media adverts

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BeYou@TheBarn Empowerment Program

Program Delivery

Flexible delivery options means content can be taught in an *online* or *face-to-face environment* and as a *stand-alone product* or *alongside your existing EAL programs* (see below for details). For ease of access, the program is hosted on the Leading Edge Life Skills University via the 'Teachable' platform, the same platform used by Equine Connection. If hosting remotely, you will be able to stream content videos via the 'share screen' option platforms such as Zoom. All worksheets are downloadable and can be emailed to your clients.

Suggested EAL Programs

The **BeYou@TheBarn** program can be run to complement any of your existing EAL sessions. For a suggestion of paired programs, please see the table below.

Unit 1: Be You	
Lesson 1. Being Me	Orientation / Starting the Journey
Lesson 2. All About Boundaries	Circuit Training / Match That Horse/ Push Me Pull You
Unit 2: Be Heard	
Lesson 3. Being Heard	Push Me Pull You / Who's The Brain
Lesson 4. Body Language & Positive Communication	Who's The Brain / Silent Communication / Red Light Green Light
Unit 3: Be Brave	
Lesson 5. Being Brave	Blindman's Adventure / Common Sense
Lesson 6. Building Your Future	It's All Up To You / Build Your Own Course



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Program Outline

Unit 1. Be You

Lesson 1. Being Me *"Knowing yourself is the beginning of all wisdom." Aristotle*

The first lesson in Unit 1 supports students in exploring and strengthening their personal identity, building their confidence, self-esteem and self-worth. Students consider their unique characteristics, skills, goals and role models. They examine the things they are good at and what takes work, what brings them genuine joy and happiness, and what does not. They investigate factors that influence and shape identity including change, transition and environment.

Lesson 2. All About Boundaries *"Your boundaries protect the inner core of your identity and your right to choices." Gerard Hopkins*

The second lesson in Unit 2 builds on the awareness developed in lesson one. Students learn the importance of setting and respecting. Taking the values identified in the first lesson, students practise identifying when boundaries are needed, what boundaries are appropriate and how to communicate these effectively. They explore conflict and healthy ways to manage this, ultimately strengthening their resilience skills and strategies.

Unit 2. Be Heard

Lesson 3. Being Heard *"One smile can start a friendship. One word can end a fight." Unknown*

The first lesson in Unit 2 gives students an understanding of their own and other's communication styles. They will learn to recognise the characteristics of their 'default' communication style, building self-awareness and adding to their sense of identify/self. Students practise the skills and strategies needed to communicate in effective, inclusive and respectful ways.

Lesson 4. Body Language and Positive Communication *"People may hear your words, but they feel your attitude." John Maxwell*

The second lesson in Unit 2 builds on the awareness developed in lesson one. Students are introduced to non-verbal and positive communication skills and strategies. They explore different types of non-verbal communication, practising assessing their own and reading others' body language. They examine positive communication — specifically active listening, building self-esteem, self-confidence and relational skills.

Unit 3. Be Brave

Lesson 5. Be Brave *"She was unstoppable, not because she did not have failures or doubts, but because she continued on despite them." Beau Taplin*

In Lesson 5, students will explore the importance of resilience and learn to recognise the characteristics of resilience in themselves and others. They will identify potential changes and challenges to their relationships, roles and responsibilities, and consider the 'positives' of change. They will develop skills for coping with change, and seeking help. They will understand the value of connection and self-regulation.

Lesson 6. Building Your Future *"Setting goals is the first step in turning the invisible into the visible." Tony Robbins*

In Lesson 6, students will continue to build their resilience strategies and practise skills that will enable them to manage change and challenges. They will identify what is inside vs outside their 'Sphere of Influence' and will practise goal setting using the Smart Goal framework. They will explore tools to help with motivation and prioritisation. Finally, they will focus on their future vision for their lives.



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Be You@TheBarn

Sample Activity





My Herd

SAMPLE ACTIVITY 1

My Herd

Life is full of ups and downs, and along the way you will experience a wide range of successes and challenges. Through it all we need support. All of us! Work through this activity to create your own, unique support system. Your 'herd'!

Instructions: Identify the individuals with the different groups of people in your life. Those that you trust to support you through challenges and change.

Adults

Example: parent, family, friend's parent, coach

Friends/Peers

Example: friends you can talk to, trust and rely on



Support in your School or Home-School Community

Example: school counsellor, trusted teachers

Community Support

Example: community members, helplines, websites, community groups



My Herd

SAMPLE ACTIVITY 1

My Herd

Connection is so important in maintaining our overall emotional and physical health. Strong ties with family, friends and the community provide us with happiness, security, support and a sense of purpose. Answer the questions below to identify the places, groups and clubs where you feel a strong sense of connection, belonging, and safety.

*"Alone we can do so little - together we can do so much."
Helen Keller*

Support

1. Review the people you identified on the previous page (adults/peers/friends etc). What characteristics do they have in common that help you feel secure and connected?

Belonging

2. What groups, places or activities inspire in you a sense of belonging and inclusion? For example, a sports team, being at school, at home, when you ride a horse or when you play a musical instrument.

Connection

3. For each of the above, explain how they help you to feel supported and connected. For example, when I ride a horse, I feel connected to my horse and to nature.



An Attitude of Gratitude!

SAMPLE ACTIVITY 2

Gratitude Journal

The benefits of practicing gratitude are endless. Regularly practicing gratitude by taking the time to notice and reflect on the things you are thankful for helps you feel healthier and happier, sleep better, express more compassion and kindness, and can even build your immune system.

"A grateful heart is a magnet for miracles."

Unknown

Gratitude doesn't need to be reserved only for the big moments in life. Keeping a daily gratitude journal and regularly writing brief reflections on the moments for which you're thankful, can significantly increase your well-being and life satisfaction.

Instructions: Take five minutes to think of 3 things that you feel grateful for each day, for 10 days. These can be as big or as small as you like. Here are some suggestions: an act of kindness that you received from someone recently, a person in your life that you appreciate, an activity or hobby that you enjoy, a skill or ability you have, an item that you love, something that happened that made you laugh.

Day 1:

1. _____

2. _____

3. _____

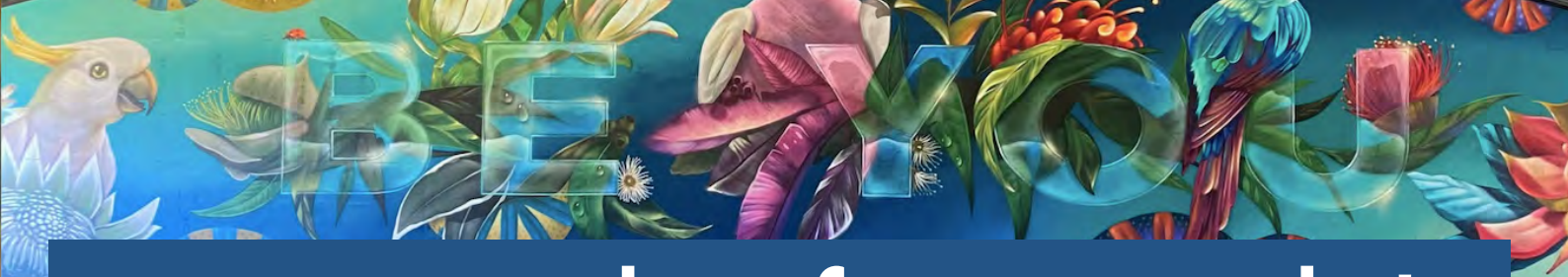
Day 2:

1. _____

2. _____

3. _____

Cultivate an attitude of gratitude!



An Attitude of Gratitude!

SAMPLE ACTIVITY 2

Gratitude Journal - 10 days of Gratitude!

Day 3:

1. _____

2. _____

3. _____

Day 4:

1. _____

2. _____

3. _____

*"Be present in all things and thankful for all things."
Maya Angelou*

Day 5:

1. _____

2. _____

3. _____

Day 6:

1. _____

2. _____

3. _____

Cultivate an attitude of gratitude!



An Attitude of Gratitude!

SAMPLE ACTIVITY 2

Gratitude Journal - 10 days of Gratitude!

Day 7:

1. _____

2. _____

3. _____

Day 8:

1. _____

2. _____

3. _____

*"It is not happy people who are thankful,
it is thankful people who are happy."*

Unknown

Day 9:

1. _____

2. _____

3. _____

Day 10:

1. _____

2. _____

3. _____

Cultivate an attitude of gratitude!