

# “Choices”



In the world of our young people, there are many opportunities to get off track and make choices that lead to negative consequences in their lives. "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 lead participants through focused activities and discussions designed to heighten awareness of their personal responsibility in their lives and learn the effects their choices have on themselves, their family, and others around them.

**Participants are provided with a challenging environment in which they can:**

- Develop a sense of self awareness
- Contemplate a more accurate self evaluation
- Recognize unhealthy patterns of behavior
- Create healthy alternatives
- Learn effective problem-solving strategies
- Develop a sense of responsibility for their decisions
- Recognize the impact of their choices on self, family, peers, society
- 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 to be successful in:**

- ~ Life Choices
- ~ Self-Perception
- ~ Decision-Making
- ~ Conflict Resolution
- ~ Responsibilities
- ~ Communication
- ~ 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:**

During the school year programs are 3:30-6:30 p.m. for 2 weeks. Summer sessions are 9 -3:30 p.m. Dress for the weather as activities are done outside

Bring a bag lunch and refreshments

Cost \$495.00

Includes one "Choices Trail Guide" group session & discussion for ages 13-17

Includes one hour coaching session with the horses for ages 18-25

Group size limited to 12 participants.

Register at [www.L-E-A-D.com](http://www.L-E-A-D.com) or call 330-274-2693