



HORSES
HELPING
HUMANS
SUE SPENCE COMMUNICATIONS

COURSE OUTLINE

2025



Audience Focus

The Horses Helping Humans™ program is designed to support a wide range of individuals and groups:

Youth and At-Risk Individuals

- Age Group: Adolescents to young adults
- Background: At-risk youth, those experiencing emotional and behavioural challenges, or from disadvantaged backgrounds
- Needs: Emotional regulation, improved behaviour in school or community, resilience building, and personal development

Corporate Professionals

- Occupation: Employees, managers, or executives in corporate settings
- Goals: Enhance team communication, leadership skills, emotional intelligence, stress management, and workplace harmony
- Interests: Unique team-building experiences and professional development

Youth and At-Risk Individuals

- Profession: Teachers, school counsellors, youth workers, social workers
- Objective: Seeking effective tools and programs to assist in youth development and education
- Interests: Learning about equine-assisted learning and applying these techniques in professional practice

Individuals Seeking Personal Growth

- Demographics: Teenagers to adults
- Interests: Personal development, self-awareness, emotional regulation, overcoming challenges
- Approach: Open to alternative and experiential learning methods

Women Seeking Empowerment

- Needs: Building confidence, setting boundaries, stress management, and empowerment
- Focus: Specialised workshops tailored for women with practical skills for daily life challenges

Families

- Composition: Parents and children
- Goals: Strengthen family dynamics, communication, and mutual understanding
- Approach: Family workshops using equine-assisted learning to improve relationships



Role of a Licensed Facilitator

As a licensed facilitator, you will:

- Support diverse individuals and groups with personal development, emotional regulation, personality profiling, body language, and communication skills.
- Equip youth workers, social workers, youth justice staff, and family services with awareness tools to enhance their work with young people.
- Deliver internationally recognised, practical, interactive, and award-winning programs.



Program Overview

The program teaches natural horsemanship ground skills (no riding involved), built on mutual respect and trust. Horses respond to non-verbal communication, mirroring human behaviour.

Through these exercises, participants develop:

- Self-confidence
- Communication and interpersonal skills
- Emotional regulation

Facilitators guide participants to:

- Understand personality differences
- Recognise conditioned responses under pressure
- Interpret body language styles

The exercises are accessible to people with learning difficulties, fostering confidence and engagement.

Each horsemanship activity has a psychological foundation, providing strategies for focus, anger management, and emotional regulation. This builds lifelong awareness of human-to-human communication.



The HHH Difference

- High standards of horsemanship supported by professional training delivered by Clinician Mandy Probyn
- Training and assessment in horsemanship skills
- Access to Mandy's professional video resources and support
- Regular live Zoom sessions with Founder Sue Spence

Facilitator Resources

- Step-by-step facilitator session guides
- Business templates and proformas
- Guidance on delivering the theory presentation "Which Horse or Pony Are You?"



Important Note

This program is not counselling or equine therapy. It is designed to teach communication skills and body language awareness through personality profiling.

Facilitators guide participants to:

- Recognise when others are reactive
- Apply the life skill of diffusing conflict

Certification

- Training workshops are held regularly on the Gold Coast.
- Upon completion, you will receive a certificate as a Certified Licensed Facilitator.
- Certification authorises you to deliver Horses Helping Humans™ programs in your chosen setting.
- Facilitators also gain access to the online training program and library for ongoing support.