



# ‘Horses Helping Humans™ Program’

## Celebrating 50 Years

Pegasus has been providing Riding for the Disabled Association of Australia programs to people with disability in the Canberra region for 50 years.

We have traditionally offered both mounted (ridden) and unmounted (Horseability™) programs to children and adults on our 100-acre property in Holt, ACT.

Pegasus is now excited to announce that we are offering a new program through Equine Assisted Learning opportunities.

Now a licensed facilitator of the Horses Helping Humans™ (HHH) program\*. Pegasus is proud to offer this service to the local community.

We have trained and certified HHH facilitators to deliver programs specifically tailored to support disengaged and at risk youth through individual and small groups sessions, helping them to develop confidence and emotional regulation to assist them with the life skills many of us take for granted.

\*Founded and developed by Sue Spence Communications. More information about Sue and her program can be found at [www.horseshelpinghumansaustralia.com](http://www.horseshelpinghumansaustralia.com)



# Horses Helping Humans™ Program

Horses Helping Humans™ is an internationally recognised, interactive, practical and award-winning program which teaches participants the basics of natural horsemanship (an unmounted program) through activities and exercises based on trust and mutual respect between the participant and the horse.

The program uses four horse personalities, Sunny, Larry, Mindy and Yogi, (based on Sue's actual horses and pony's temperaments) to demonstrate how we each have different ways that we present ourselves in the world and how to recognise these traits in others.

## Which Horse or Pony Are You?

Using "Which Horse or Pony Are You?", a unique horse-centric adaptation of Hippocrates' Four Temperaments, participants will learn how different personality types will have their own conditioned responses when under pressure. They will also learn to identify personality types of others and to understand that all personality types have strengths and can be good friends. They will learn important life skills that they can apply in their everyday life such as self-confidence, emotional regulation, communication skills and interpersonal skills.

The content can be tailored to different age groups and abilities; and caters to children and adults with learning difficulties as the program and activities are easy to follow allowing participants to develop confidence quickly and feel at ease. It is suitable and beneficial for children struggling with depression, anxiety and emotional regulation difficulties.

To find out more and how you can enrol contact [programs@pegasusact.org.au](mailto:programs@pegasusact.org.au) or call us on (02) 6254 9190 Mon-Fri.



**SUNNY**

Leader / Ambitious



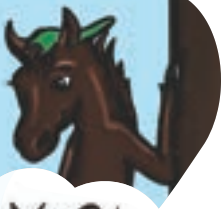
**LARRY**

Relaxed / Organised



**MINDY**

Nurturer / Sensitive



**YOGI**

Motivator / Outgoing

