

1 Day Workshop

How Equine Facilitated Learning
can help those with Anxiety

5th February 2021

The Acorn Centre, Newlands Road, Walgrave, NN6 9PZ



The Seeds of Change Way

This 1 day workshop will demonstrate and share The Seeds of Change approach to supporting those with anxiety, through interaction with horses.

The Seeds of Change is offering you the chance to gain an in-depth understanding of how horses can help individuals to overcome anxiety and to start moving forwards in their lives in a more comfortable and confident way.

The workshop led by Co-Founder Katherine Dillion, is suitable for teachers, social workers, family support workers, psychologists, parents, mental health professionals and others who have a specific interest in anxiety.

What will you learn?

- ✿ To recognise the signs of anxiety, how it arises and how it can present itself
- ✿ How to gather relevant client information via a consultation
- ✿ How to design and adjust the programme to support the client
- ✿ The role of the horse in the programme
- ✿ The benefits of the The Seeds of Change programme above other treatments
- ✿ How the programme works in real life
- ✿ The lasting impact for the individual



Details and how to book

1 Day Workshop

- ✿ 10am – 4pm
- ✿ Friday, 5th February 2021
- ✿ Little Acorn Farm, Newlands Road
Walgrave, Northamptonshire
NN6 9PZ

Places are limited so please book early to avoid disappointment.

Tickets cost £195 pp

If you would like to book a place, please click here [Anxiety Workshop](#)

Or contact us on:

e: enquiries@theseedsofchange.co.uk

t: 01234 881871

