



SUNRISE

Therapeutic Riding & Learning Centre



Empowering to Unleash Potential!

Equine Assisted Learning (EAL)

Program Description

Equine Assisted Learning is an empowering program, working with horses on the ground to develop effective personal growth and leadership skills, in addition to improving emotional health and wellbeing. Working with horses creates a new and unique approach to team building and personal development.

With the assistance of horses, participants take part in various experiential learning exercises that aid in relationship and life skills. The activities are selected by a certified EAL facilitator based on individual needs and dynamics. This is not a riding program, although horses are an integral part of these sessions. EAL is proven to improve: Communication, Problem Solving, Leadership Skills, Team Building, Life Skills, and Personal Wellbeing.

Sessions are led by Suzy Bender, Certified EAL Facilitator, EC Coach 1, and CanTRA Coach

- Family Workshops
- Youth Leadership
- Corporate Groups
- Sports Teams
- Personal Development

For more information contact
Suzy Bender
Program Coordinator
519-837-0558 x22
suzy@sunrise-therapeutic.ca

“ This is such a powerful program to help teams build trust and cooperation. The knowledgeable facilitator and the amazingly patient horses encourage you to communicate clearly and effectively to achieve great things. There was lots of learning and lots of laughter as we navigated the exercises. I highly recommend this program! “

Alenna, EAL participant



THANK YOU 'FRIENDS OF SUNRISE' April 1, – August 31, 2024

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