



## Veterans & First Responders Program



Our Forward Movement Program is designed for veterans and first responders who are ready to make a positive change in their lives. We offer 2 Day Workshops designed to empower them to courageously move forward in their life's journey! It is objectively driven and research backed. Participants gain confidence and self-esteem. They develop communication skills, increase awareness of body language and non-verbal cues helping them comfortably interact in both the line of duty and civilian community, along with improving personal and professional relationships.

"There is something about the outside of a horse that is good for the inside of a man." - Winston Churchill

Working with horses is a powerful way to learn how to be present, focused, and in tune with our emotions. Horses have a way of seeing through the chaos and guiding participants to clarity. There is no riding in this program, but rather working with the horses on the ground and using their responses to help build essential life skills.

## NOT JUST ANOTHER BANDAGE EFFECT

By working with the horses, veterans and first responders build strong, solid skills that they can draw upon when they are faced with challenges in everyday life. All skills learned in the arena are paralleled back to their everyday lives with the help of our Certified EAL Facilitators, ensuring that the learned skills are transferred to how they deal with people, choices, and the world around them.



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