



**HORSES  
HELPING  
HUMANS**

Sue Spence Communications – Horses Helping Humans



**GOLD COAST  
WOMEN  
IN BUSINESS  
AWARDS®**  
AWARD WINNER 2016

For licensees in your area please contact Sue Spence

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# Horses Helping Humans

I would like to introduce you to my award winning outcome based Horses Helping Humans program which will have trained licensees in your area, opening soon. This program would be of great benefit to many of the individuals you assist through your organisation.

The Horses Helping Humans™ Youth Program became licensed in 2016 due to the high number of enquiries from all around Australia asking if the program was available in other states. This program is now synonymous with professional training as it is known as a results based program. It is a unique program that is providing a genuine alternative to the more traditional methods of assisting young disadvantaged people into a functional and fruitful life. I have been working together with Youth and Family Service Organisations across northern NSW and south-east QLD including Act for Kids, Wesley Mission, Department for Child Safety, Youth and Correctional services and Braveheart's among others.

I am available to present my " Which Horse Or Pony Are You " workshop at your school by powerpoint with an accompanying workbook for school counsellors or Chaplains. These workshops have been very successful in encouraging students to become aware and talk about anxiety and depression and also to better understand themselves and others. Communication workshops are also available for teachers and parents to help improve communication with students and families.

The presentation runs for 1 hour. The most at risk students are also given the opportunity to attend the hands on course at the HHH center at Tallebudgera.

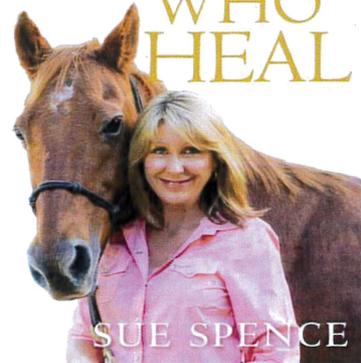
We are working with School Chaplains on the Gold Coast introducing them to the workbook version of the program encouraging them to open discussions with children struggling with anxiety, depression and emotional regulation, they can then refer the most at risk youth through to the Horse Whispering Youth Program.

We have been working with a new Chaplains group here on the Gold Coast and the coordinator was so impressed he is organising for Sue Spence to address all the Chaplains in Northern NSW and other QLD associations.

This process creates a model where students have a wide support network where we are all working to keep the students engaged in study. Parents can also be involved and the program becomes deeply embedded into the community.

*Sue Spence - Horses Helping Humans  
founder, author and licensor*

## HORSES WHO HEAL



### Which Horse or Pony are You!?

"Sunny" (Choleric)

A Leader  
Ambitious

"Larry" (Phlegmatic)

Relaxed  
Organised

"Mindy" (Melancholic)

A nurturer  
Sensitive

"Yogi" (Sanguine)

A motivator  
Outgoing





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This specialised horse whispering program for youth has grown out of the well-known and highly regarded work that I have been doing for many years in using horses to help humans learn effective communication and body language skills. Specifically, the program teaches clients the basics of natural horsemanship ground skills (no riding involved) which are based on mutual respect and trust between horse and handler.

Students learn how to gently back their horses away from them to create healthy safe boundaries, how to circle their horses around them on a 12ft lead, pop them over small jumps and lead them around an agility course. By working together with the horses, students learn vital skills such as self-confidence, communication, emotional control, respect and trust for others. These skills are vital elements that must be well developed in an individual in order for them to become a part of and contribute meaningfully to their local community.

Many disadvantaged and disengaged youth have been denied the role models (such as effective parenting) necessary to teach them these skills; many come from homes where trust levels are exceptionally low. The program tangibly demonstrates to clients how much more effective the use of calm assertiveness (instead of aggressive behaviour) is in getting their horse to willingly respond; showing them, perhaps for the first time, what empathy and respect for another living being looks like. As the horses respond in kind and show respect and trust for their young handlers, many former schoolyard bullies are reduced to tears by this show of affection, perhaps for the first time, from another living being. The program is also designed to assist case workers responsible for at-risk and disenfranchised youth and uses adult learning principles and audio/visual aids as well as practical demonstrations with our horses.



In particular, this program is producing good results with young people ranging from improved behaviour in school, reduced suspensions and better engagement in the community. Youth are referred to the program by psychologists and youth & family welfare services. This referral process ensures that all youth participating in the program are in need of benevolent aid due to factors such as family history of domestic violence, low socio-economic conditions; and mental health issues.

The 1 ½ to 2 hour program is run once per week for three consecutive weeks. With a minimum 3 participants, maximum 6, 4 participants per course suits many services as only one car is required for youth workers to transport the students. The final week includes a presentation show where students demonstrate their new calm assertiveness and body language skills. They receive certificates, trophies and ribbons. Youth workers attend with their students each week. Workbooks are supplied to all support workers so follow up on the topics we cover in the course can always be referred to in the student's ongoing support. Other programs are available depending on the requirements of the organisation.



An example of the effect the program can have is detailed here by - **Bart Traynor, Clinical Psychologist** who has experience with our Horse Whispering Youth Program based on the Gold Coast in Queensland.

*"I have had the pleasure of watching Sue's HWYP programs as well as incorporating her individual program into the treatment plan of my extremely challenging clients. Sue's own knowledge, passion and enthusiasm combined with her charismatic horses provide a valuable medium for young people to be able to learn essential skills such as emotional regulation, self-confidence and assertiveness. I see Sue's program as being particularly useful for young people who have experienced trauma, suffer from anxiety as well as those who struggle with attention, concentration, aggression and impulse control."*

*Working with Sue and the HWYP has been an invaluable part of our program. Although the group were nervous and inexperienced around horses, Sue's enthusiasm, support and understanding of our young people quickly had them interested, engaged and then succeeding. Watching a young person with ADHD completely focused, calm and gentle with one of Sue's ponies was a revelation to us all. The program taught our young people to recognize how their own (and other's behaviours) impact on the horses, and as a result of this understanding, to be able to relate this recognition to their human interactions. – Annie, Training and Placement Officer, Epic Employment Get Set For Work Program*

As a coordinator of the CNAPY (Complex Needs Assessment Panel - Youth) and CNAP (Complex Needs Assessment Panel) programs within Wesley Mission Brisbane I have experienced great success with The Horse Whispering Youth Program and would strongly recommend the program for young people and adults of any age. I have seen many benefits for young people who have been involved with this program.

**- Tanya, Complex Needs Project Coordinator, Youth at Risk Alliance, Wesley Mission**

*The students who I have referred to the program have demonstrated significant improvement with their self-esteem, emotional control, behaviour management and subsequent engagement at school. Their attendance at school since becoming part of the program has increased and their level of confidence has significantly improved. Sue incorporates Theoretical knowledge to her teachings to demonstrate how students can learn positive ways of dealing with negative emotions in a more composed, controlled and appropriate manner.*

**- Angie, Youth Support Coordinator, Wesley Mission**

*When I was told we were getting a "Horse Whisperer" to do a workshop with our year 10 students I thought..."that's different" and didn't really know what to expect? An hour later I can only explain that every student and I felt enlightened and had experienced a major breakthrough about understanding our personality and to work with it. She taught us lifelong, invaluable lessons about how to effectively communicate with others but remain respectful and to think of others and to be who we want to be. Her presentation was so animated, fun and engaging but with powerful messages about effective communication. She clearly affected every student in the room with her sometimes hilarious stories about overcoming anxiety and controlling our emotions. This presentation is a MUST for all high school students, year 10 upwards to help them to choose a life or career path that suits their personality traits, but will also help enormously to combat depression, anxiety etc. I wish I'd have been exposed to this information at 15... how different my choices might have been with this knowledge at my finger tips? -Ali Birks, Teacher and Year 10 Coordinator, Elanora State High School*



*I am a Family practitioner working in early intervention and child protection. My clients are often very disadvantaged and can come to me with significant impacts of trauma. I have worked with Sue since 2011 supporting my families and Young people through Horses helping humans programs. The impact the program has on Individuals, Young people and Families is incredible, each time I participate in support of my clients I witness Families bonding, Young people who may not have been talking or leaving their rooms come out of their shell and begin looking into the future. I have seen Young people reengage in education and go on to university. Or parents begin to have confidence in themselves and see their children in a softer gentler manner which lays foundations for continuing my work around relationships, communication, respect, confidence. "It's like the ponies know how to work with each individual they give them what they need". The environment is so safe and nurturing clients become relaxed enough to see more of themselves, further they often feel safe enough to disclose their hopes, dreams and worries.*

**Thank you Sue for your patience, nurturing and humility - Lisa Hurdell ACT For Kids**

As the program founder, I am proud to have won the Gold Coast Women in Business award in both 2014 and 2016 for 'Community Dedication' and 'Creating Change' respectively.

I'd like to offer a free 1 hour introductory workshop to your youth workers or anyone else within your organisation who may be interested in learning more about what we do and how our program might be implemented to compliment the work you already do to improve these individuals well-being.

Feedback from your service would be greatly appreciated so we can get a good understanding of the areas that would benefit from the program.

Please don't hesitate to contact me at any time if you have any questions or would like to further discuss what we have to offer.