

# Testimonials

**LEANNE**



I attended Sue's Women's Workshop and learnt about my personality when I was under pressure, my body language and setting boundaries. Without a doubt Sue's workshop is the best I have ever attended!"

**ANNIE, TRAINING AND PLACEMENT OFFICER**



Working with Sue and 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.



Sue Spence's "Horses Helping Humans" is a pioneering Equine Assisted Learning Training Program, a Certified Trademark, and a force for transformative change.

With over 20 years of experience, Sue is a trailblazer in the Equine Assisted Learning field. Her approach has produced documented, award-winning outcomes and has made a significant impact on her clients' lives.



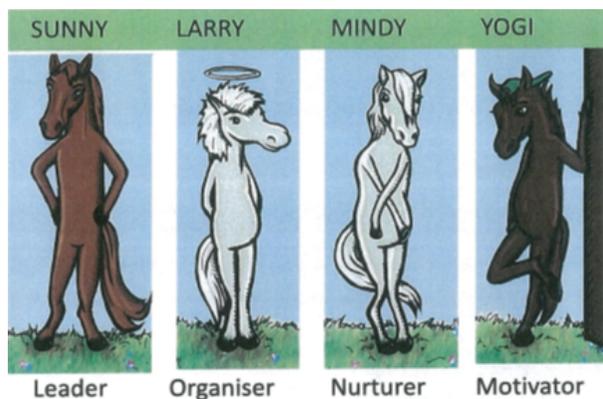
<https://wildroseequestrian.com.au/>

**A pioneering  
Equine Assisted  
Learning program  
with a long history  
of successful  
outcomes.**

<https://www.horseshelpinghumansaustralia.com/>

# Which Horse or Pony are You?

Sue specialises in personality profiling and body language analysis. Her four horses represent a modern adaption of The Four Temperaments theoretical framework, and her unique work demonstrates how choleric, melancholy, sanguine and phlegmatic personality types have their own conditioned responses when under pressure. ‘Horse whispering’ meets ‘people whispering’ within her innovative equine-assisted life coaching program that integrates interpersonal communication skills, body language, emotional intelligence and personality types. Sue says she is “simply making each personality conscious of the body language that is hindering their communication”.



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## Our Workshops

Equine Assisted Learning allows you to develop new emotional patterns and boundaries in a non-threatening or judgmental environment.

Practical and visual workshops are hands on in small groups to help participants:

Develop emotional and impulse control for anger and anxiety management;

Improve communication skills to help form healthy relationships;

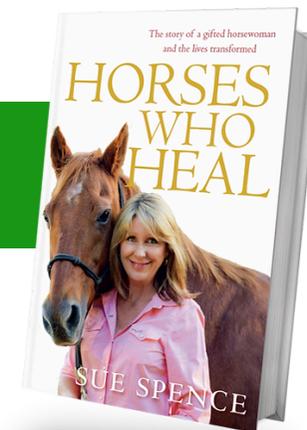
Build confidence, self-esteem, and respect for self and others;

Learn to say no effectively to develop healthy boundaries;

Reduce stress.

Simply observing or participating in natural horsemanship (horse whispering) sessions can help you to recognise areas in your life which may need to be brought into balance.

As you see mutual respect flowing from horse to handler, you will be motivated to develop the same respect into other areas and relationships in your life.



Horses Who Heal is the story of one woman’s deep love for horses and the powerful life lessons they’ve taught her along the way. Sue’s equine team are inspiring others on their own journey of healing, helping thousands of people – from juvenile offenders to company CEOs – discover the power of communication, using more than just words.

As seen on...

