



PDRC Groundwork and Equine Facilitated Learning Day with Danielle McKinnon. 29th August 2021

Format of the Clinic

There are 2 options for the day:

1. Morning slots - Groundwork / Riding Clinic with your own horse.

- Dani will work with you to help create the groundwork routine for either the ridden work you are looking to do or to develop the communication between horse and rider. Using techniques from classical riding and connected riding, she will help you work with your horse to progress your partnership. Note - Please bring tack and hat if you hope to ride.

2. Afternoon slots – Equine Facilitated Learning Taster Session, with horse provided.

- The outcomes we can achieve through EFL can help people start to:
 - Reinforce and learn social / emotional competencies
 - Achieve greater self-awareness
 - Develop a caring relationship with the horse and teach you how to transfer this empathy to everyday life
 - Enhance new or existing relationships
 - Increase productivity and communication
 - Develop coping strategies

Costs

Classes	Format	PDRC Members	Non-Members
1. Groundwork (and ridden if required)	60 mins 1:1 on own horse.	£10	£15
2. *EFL 1:1 Session	Up to 90 minutes 1:1. Horse provided to work with.	£15	£20

*More About EFL

Equine Facilitated Learning (EFL) is the process of learning about oneself and how one is in the moment – developing self-awareness. Therefore, once aware we can explore what happens when we change. Importantly, we can nurture the skill of self-regulation. EFL is an experiential process which enables us to model different behaviours and skills. This means that, when we are working with the horses, we become aware of “how others see us”. In other words, they reflect how we show up. Without judgement they honestly and authentically provide insight into how others’ experience us. Similarly, in this way they show us what the Johari Window calls our unseen self. As a result, the EFL process aligns to the classic model of Emotional Intelligence (EI). Most importantly, by understanding how we are and regulating ourselves we develop the foundation of empathic awareness, and the building of effective relationships.

Why horses?

The nature of the horse – a herd based, flight animal – means that it has an intuitive awareness and presence. It is sensitive to its environment and consciously connected to the energies and intentions of those around it. Because horses are adept readers of non-verbal communications to which their reactions and responses are honest and unconditional.

Horses seek safety which means at liberty they will intuitively move away from risk. For them to choose to engage with us we must create the right space. The good news is that horses do not role play. They do not have agendas, nor do they intentionally mislead. As a result, they respond to us as we are, if we change, they will change with us.

- Entries Close: Wednesday 25th August
- Online entries ONLY on <http://www.clubentries/pdrc>
- Times: will be available online on PDRC website and Clubentries page on Friday 27th of August.
- For withdrawals or any on the day queries, please contact Carolyn on 07917 672345.

Please Note; PDRC will use your personal data provided with your entry for the purpose of running the event and by submitting your entry, you consent to receiving communications about the event by post, email, SMS/MMS, online or phone unless you explicitly state otherwise – see website for full Privacy Statement To enter you require to be either a PDRC or other British riding/pony club member or a BHS Gold Member or have personal insurance including Public Liability appropriate to this event and can show this documentation on the day..



About Danielle McKinnon APC:

Dani's story is an absolute inspiration, she has proven that nature can conquer over nurture, and her nature has been horses!

Dani grew up in an Edinburgh scheme. Her early life was challenging with the only stability being her much loved Grandpa. She suffered physical abuse and the home situation got worse and by the time she was a teenager she was placed in a children's home. Then followed a sadly well-worn path; substance abuse, extreme behaviour in school and 3 expulsions, moved to a halfway house when she was 16 and ending up on the streets shortly after. The chink of light for her through all of this was horses; the summers at her Grandpa's in Sussex and helping with the RDA and a social services referral to help at Tower Farm, these were the things that have helped save her from being just another sad statistic.

This led to a career with horses, working at yards across the UK and then starting her own business as a freelance groom / rider. Whilst freelancing, Dani started to form plans for her real dream.

She wanted her own riding centre but wanted something different. Something that would add value to the community, help young people affected by drug addiction, physical abuse and mental health issues and give a home and a job to rescue horses that otherwise would be cast off as useless and unwanted. She has worked tirelessly to make this dream come true; educating herself with mentorships from Lloyds Bank, getting the train at 6am every Saturday to attend young Entrepreneur training, writing strategies and business plans and pitching her ideas to multiple funding bodies and banks across the country, winning people over with her passion, enthusiasm, and intelligence.

In 2017 the dream came true, and Eat Sleep Ride CIC opened its doors. As a social enterprise, every penny spent supports their children and horses socially and emotionally. She has built up a loyal clientele and works on multiple referral projects from schools and social services and offers a commercial service with lessons, hacking, retraining and livery. Dani has also now qualified as an EFL Practitioner, and hopefully this summer will complete her BHSI qualifications (more than halfway there!).

She has chosen to spend her time and boundless energy giving back to horses and society and helping other young people benefit from the gift of the horse.

<https://www.facebook.com/eatsleeprides>

<https://www.linkedin.com/in/ms-danielle-mckinnon/>