

Equine Therapy

at Welburn Hall School



A holistic approach to
transformational coaching



What is coaching:

Coaching will be different for everyone, for some it could be about increasing self-esteem and for others it maybe seeing the truth about negative beliefs and limitations.

What I am offering:

I'm offering one to one coaching sessions in a beautiful environment which I have created to be safe and supportive where your child/young person can be their authentic self. One to one sessions are perfect for anyone wanting to make a change within their life and who wouldn't work well in a group setting.

These coaching sessions can be done with and without the use of horses creating a holistic approach to your child/young person's journey. Sessions focus on the child/young person as a whole; mind, body and soul.

Sessions:

Sessions will be weekly/fortnightly depending on the individual. Sessions will be on the same day and at the same time each week and sessions will be up to 90 minutes long.

"Life is an adventure, it's not a package tour."

Echart Tolle



For more information contact:

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