



FREE TASTER EVENT ON SATURDAY 23RD June
10AM -12PM

At Learning-to-Listen and Autism Angels we take a unique approach to personal development by adding the dimension of the horse into the traditional world of coaching. By taking the theory out of the classroom and putting it into practice in real time and in the powerful presence of a hypersensitive reactionary animal, we can greatly accelerate the process of learning.

We have consistently found that working in this way helps our adult and children learners to dramatically improve their outlook on life, including work, school and relationships. Whilst growing their **self-awareness, removing limiting beliefs, encouraging self-efficacy** and **taking action** they are enabled to unlock untapped potential. Their skills for life in areas such as **communication, self-esteem, confidence, attitude, taking responsibility, leadership, dealing with adversity** and getting along with others significantly improves their lives as a whole, creating happier, healthier adults and children and families.

Autism Angels is the specialist part of the team that work with children and their families on the Autism Spectrum. Equine Facilitated Coaching (EFC) is at the cutting edge of self-development and is increasingly being shown to be a powerful and effective tool for connecting with those on the Autism Spectrum. The charity was incorporated in 2014. It has quickly grown from strength to strength, building an excellent reputation for the unique ways in which we to work to achieve outstanding outcomes in the lives of those attending the programmes.

To book your place please email infosouth@autismangels.co.uk