



Locust Lane Riding Center
375 Coffroath Road
Coatesville, PA 19320
484-883-1844
www.locustlaneridingcenter.org

POWER TOOLS FOR LIVING

EAL for Personal Development

Power Tools for Living is an Equine Assisted Learning program that has been designed to help participants build basic emotional health constructs such as Respect, Responsibility, Relationship Skills, Boundaries, Empathy, Choices and Consequences.

-Research has been proving that emotional and social learning is just as important as intellectual intelligence for successful living (satisfying relationships, job satisfaction, etc.)

-Pre/post testing reveals significant improvement in inter and intra personal distress, relationships, and behavioral dysfunction. **This program has been shown to be successful in preventing bullying behavior as well as developing skills in dealing with bullies.**

-This program lays down new neuro-pathways in the brain for this understanding and potential successful living.

Results: Participants are empowered with the understanding of these constructs and begin to feel good about themselves. This gives them a fresh sense of self and belief in their ability to affect a positive impact on their lives.

How is this program helpful to educators and community members?

-Every problem situation that could come up at school can be improved by these constructs; the children that have attended Power Tools for Living have developed a working understanding of these concepts.

-As they make mistakes at school, it offers a framework from which they can be redirected.

-As more and more students attend Power Tools for Living, the emotional and social intelligence, and therefore, the culture of our schools will improve.

-Research (Goldman) documents that as this happens, dysfunctional behaviors go down, grades go up, and relationships improve (child to child, child to authority figure, child to parent).

Following is a brief program description:

Power Tools for Living

In Power Tools for Living, children and adolescents are given the opportunity, through working with horses, to experientially discover six core mental health constructs vital to emotional health. As participants in the program work with horses (sensitive creatures who mirror emotion and give immediate and honest feedback to the participants attitudes and actions), they learn about the impact of their communications, actions and problem-solving skills. In a positive, non-threatening environment, while carrying out assigned tasks with the horses, the participants are given the rare opportunity to practice the vital life skills; **Respect, Responsibility, Relationship Skills, Empathy, Boundaries, and Choices/Consequences**. The acquisition of these core emotional health constructs empowers the participants and enables them to recognize their best self. Participants are challenged to use these new “tools” to stretch and grow emotionally. The program facilitates the rapid acquisition of social and emotional intelligences, which empower participants and gives them a fresh sense of self and belief in their ability to affect a positive impact on their current lives and future (self-efficacy). The Power Tools for Living program was developed by Robert Magnelli, Ph.D and Nancy Magnelli, B.S., R.N.

Locust Lane Riding Center (LLRC) has been conducting this program for several years in partnership with The Bridge Academy and Community Center in Coatesville. There is significant evidence that this program is making a difference in the lives of the students we serve. It is our sincere desire to expand the program to include additional students in the Coatesville Area School District.

Program Structure:

We have formatted this program to serve up to 20 participants divided into four smaller groups of five. Depending on number of participants there could be less than five groups. Each small group will be supervised by two adult volunteers. The entire group is under the direct and close supervision of Shelly Pelet, EAGALA Certified Equine Specialist and one additional professional facilitator.

Participants will be in close interaction with horses while performing assigned tasks. All work is done on the ground and does not involve riding horses. Observation of the horses provides valuable feedback to the actions and attitudes of the students. Students begin to recognize behaviors and self-regulate in order to achieve success.

Cost:

\$300.00 per two-hour session (up to 20 participants) (Minimum number of six sessions to complete program)

\$3000.00 total cost for five week program including two sessions per week serving up to 20 students

\$9000.00 total cost for three consecutive five week programs; involving North Brandywine, South Brandywine and Scott Middle Schools.