



MIND CRAFTERS

Youth Workshop

2023

Discovering YOUR Strengths to Thrive!

Introduction

Welcome to your MIND CRAFTERS Youth Workshop! Building upon their individual strengths, your Youth will begin to take charge of their lives vs reacting to what comes at them. In this workshop they will learn how their struggles are an opportunity for growth – to turn stress into strength. Each youth will leave with the skills to persevere and a spark for their future!

As you know, this is no ordinary program and we have a style that's all our own! We've outlined all of the details here so that you are completely informed and ready to go forward with this transformational experience that will begin the journey of changing lives for the better. Thank you for joining us, we are excited to become a positive influence in the lives of your Youth.

Schedule Overview

Youth participants will attend Confident Kids Canada for one, full day workshop

Duration of the event will be 5 hours

Participants will engage in personal development exercises and Equine Assisted Learning exercises (working alongside a horse as the teacher, no riding) followed up with growth mindset activities.

Groups will have a maximum of 6 participants and work entirely outdoors in adherence to all health & safety policies and procedures

Planned Approach

Participants will work through exercises from our [™]Building Block© Curriculum of Equine Assisted Learning, where horses are the teachers (no riding and no horsemanship skills needed.) Youth work alongside the horse through objective based obstacles so that they can *experience* how to process fear, frustration and accomplishment in a healthy manner. The horse provides Youth with instant and honest feedback about their behaviour and creates a learning environment for each Youth to break through any negative, default responses.



Planned Approach Cont'd

We will begin by addressing safety and horse behaviour to ensure that participants are comfortable and have a basic understanding of working alongside a horse. Throughout the Workshop we can escalate or de-escalate any of the activities, on the spot, to ensure successful learning outcomes.

Each session includes open talk and activities that reinforce the learning objectives and teach personalized skills to help manage stress and adversity. Topics such as healthy relationships, self talk, facing fear, asking for help and other helpful tools for success will be instilled and emphasized on an ongoing basis. Facilitators will share their life experiences as they pertain to connecting and providing a guiding, positive influence to the Youth we serve – this is how our human team can genuinely connect with your Youth.

Schedule Details

Arrival at the Farm – Please park in main yard, at white fence with ‘Parking’ signs and wait for staff. Staff will take everyone through to the arena where all activities take place.

Introductions & Briefing- Run through introductions, basic safety practices, farm rules and the objectives of the workshop (approx. 10 min)

Individual Development – ‘Where Am I At?’ and ‘What About Me?’ capacity building exercises that develop self awareness & provide a real time, personal awareness platform for each participant to understand and expand upon

Arena Exercise – ‘Circuit Training’ – Introduction to basic horse handling, relationship development, emotional awareness, plan development, individual empowerment

Debrief– Talk about the completed exercise to reflect and communicate what was learned, draw conclusions, relate them to everyday situations, and briefly journal the experience

Lunch Break – ½ hour break to eat, relax and hang out. Please bring a bagged lunch.

Team Development – ‘Gratitude Treasure Hunt’ through forest and field, participants will work together finding treasures that they are grateful for. They will learn how cultivating daily gratitude is the key to happiness.



Schedule Details Cont'd

Personal Development – ‘Patterns of Emotion’ helps youth to recognize their emotional habits and triggers and how to instantly shift their focus. They will learn to be less ‘reactive’ and more in control of their own actions and outcomes.

Personal Development – ‘Building Relationships’ teaches participants to recognize, support and grow positive relationships in their lives AND how to detach & avoid destructive ones

Arena Exercise – ‘It’s All Up To You’ – Accountability, choices & consequences, motivating self & others, the value of difficult choices, emotional management, personal integrity

Debrief– Talk about the completed exercise to reflect and communicate what was learned, draw conclusions, relate them to everyday situations, and briefly journal the experience

End Time - Participants head home

Your Investment & What’s Included

Length Of Program	Costs*	Notes
One Day ~ 5 hours	No charge	Bring bagged lunch/snack

** Minimum of 2 participants – maximum of 6 participants**

Payment can be made online at <https://www.confidentkidscanada.ca/book-online> or via cheque, e-transfer to shana@confidentkidscanada.ca

*Please add 4% when paying online

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Your Investment & What's Included Cont'd

Your Investment Includes:

- ✓ Automatic Ambassador Benefits
- ✓ Ongoing participation in regular Empowerment Events
- ✓ All event design & planning
- ✓ All personal protective supplies required to adhere to current health guidelines
- ✓ Internationally Certified facilitators throughout the duration of the event
- ✓ All activity materials, horses, and event consumables
- ✓ Full liability insurance
- ✓ Exercise briefing & debriefing plus follow-up activities

Your investment does not include: Transportation or Accommodation

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Next Steps

Your program director is Shana Nicholls. Please contact Shana at 403-507-9619 to help you complete your youth's registration, once you have received approval from your Family School Wellness Worker.

If you have questions or require more information, please call Shana and she will be happy to discuss your objectives and requirements in detail in order to fine tune the planning for this event.

Further information about Confident Kids Canada can be found at <https://www.confidentkidscanada.ca/>

Thank you for your interest in growing great kids, we look forward to working with you!



Sincerely,

Shana Nicholls

Executive Director/Facilitator
Confident Kids Canada
Phone (403) 507-9619
shana@confidentkidscanada.ca



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



<https://www.instagram.com/confidentkidscanada/>

Participant Registration Form

Youth Workshop 'Mind Crafters'

Participants Name: _____

Participants Age and Birth Date: _____

Parent/Guardians Name(s): _____

Phone Number: _____

Address: _____

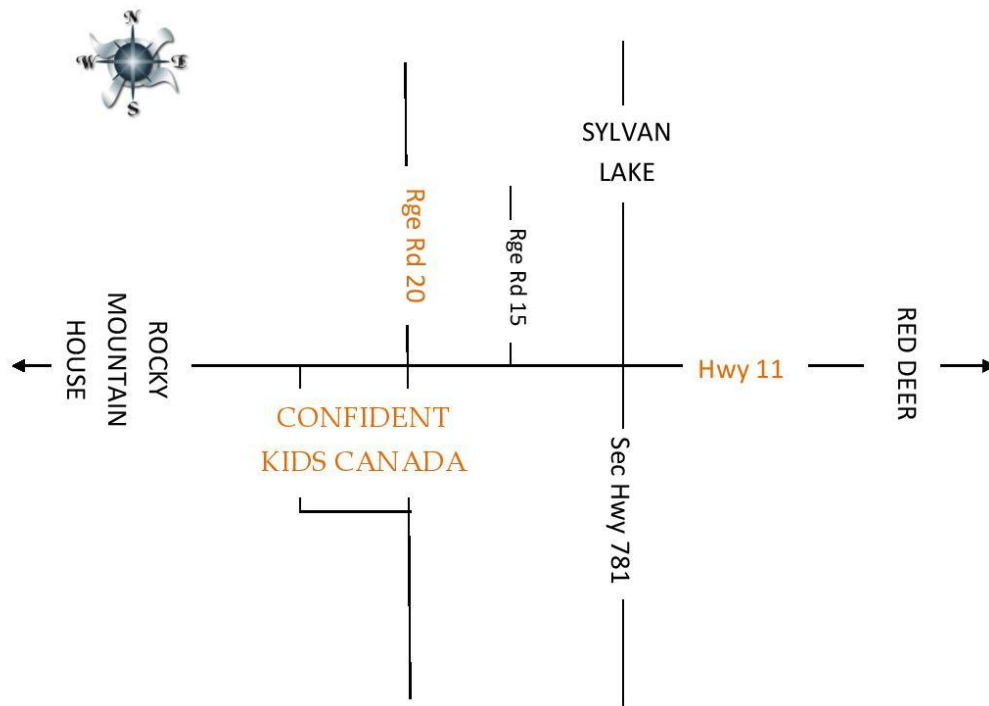
Email: _____

Alternative Phone Number: _____

Briefly tell us what outcome you want from this workshop? _____

Please fill out and return to Confident Kids Canada at time of registration, thank you!

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Highway 11 & Rge Rd 20

Approx 2 miles West of Sylvan Lk

R.R. 20 South – First Driveway on Right

38344 Range Rd 20

Red Deer County, AB

(403) 507-9619