



YOUTH 'WARRIORS'

8 WEEK CURRICULUM

*Transforming Attitudes & Actions for
The Best Possible Outcomes!*

Introduction

Welcome to our 8 week 'WARRIORS' Curriculum where Youth will learn to overcome the barriers that lead to healthy change and build upon the personal strengths that propel them towards their true potentials. 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 is changing the futures of children and youth. Thank you for joining us, we are excited to become a positive influence in the lives of kids who need it!

Schedule Overview

Youth participants will attend sessions at Confident Kids Canada **at a date TBD**

Your sessions will be duration of two hours each **at a date TBD**

The majority of each session will be spent participating in our Equine Assisted Learning Curriculum followed up by Growth Mindset activities to reinforce that day's learning objective.

Planned Approach

Participants will work through a ™Building Block© Curriculum starting with basic 'learning to learn' (with horses) and self-evaluation, moving into strong development of relationships and communication skills, through to finding change and behavioral modification.

We will begin by addressing safety and horse behaviour to ensure that participants are confident and have a basic understanding of working alongside a horse. Throughout the Curriculum we escalate the activities and the skills required to perform them, ending in a completely self-driven exercise developed by the participants.

Each session ends with open talk and activities that reinforce the learning objectives and promote a healthy, growth mindset in our Youth participants. Topics such as gratitude, healthy self talk, goal setting, resiliency and other helpful tools for success will be instilled and



Planned Approach Cont'd

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.

For graduation, we will travel to your school, place of business or host 'in house' to do a meaningful presentation of graduation certificates and celebration of each Youth. Every organization does their graduation ceremony a little different, some are assemblies others just in a small classroom or the place of business. We will chat with you about your graduation preferences and provide you with a completely personalized grad package with all of the details, prior to Program completion.

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 basic safety practices, farm rules and the objective of the planned exercise (approx. 10 min)

Arena Exercises - Exercises are laid out in the arena with simple instructions at each one. Participants are put into teams and choose a horse to work with (horses are waiting in arena.) Teams work through the exercises at their own pace and facilitators ensure safety, creative thinking and parallel the learning to real life situations.

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 (approx. 15 min)

Follow Up – Growth Mindset activities that reinforce the learning objectives and provide extra personal skills for success (approx. 20min)

End Time - Participants head home



™Building Block© Curriculum Outline & Objectives

- 1) Stepping Stones.....**"Starting the Journey"**
Orientation, Introduction to EAL, Generates Excitement, Overview of Safety Issues
- 2) If at First You Don't Succeed.....**"Circuit Training"**
Horse Handling Skills Development & Safety Review
- 3) At the End of Your Rope.....**"Who's Leading Who"**
Understanding Personal Limitations, Recognizing How We Impose Boundaries Upon Ourselves, Appreciation for Team Efforts, Choices/Consequences, Problem Solving
- 4) You've Got the Power.....**"Who's The Brain"**
Realizing the Importance of Articulating Thought/Intent, Developing Active Listening Skills, Realizing How the Act of Anticipation Impedes the Communication Process
- 5) Power of Persuasion.....**"Silent Communication"**
Understanding the Power of Body Language as it Applies to Effective Communication; Appropriate Assertiveness/Active Listening/Anticipation
- 6) Keep Your Eyes Peeled.....**"Blindman's Adventure"**
Recognizing How Active Articulation/Listening Skills Affect Respect/Trust While Developing Relationships, Appreciation of the Role of the Leader, Tuning Into Our Senses
- 7) Horse Sense, It's a Choice.....**"Common Sense"**
Encourages Common Sense, Provides an Understanding of How Common Sense Influences Change
- 8) A Brand New Choice.....**"It's All Up To You"**
Recognizing Having Choices, Encourages Teams to Make Decisions, Encourages Discussion, Recognizes the Value in Motivating Team Mates to Make Difficult Choices
- 9) A Blizzard of Activity.....**"Graduation"**

Your Investment & What's Included

Length Of Program	Costs*	Notes
8 week Curriculum	\$599.00/youth	*Cost is equivalent to \$75.00 per 2 hour session

** Minimum of 2 participants & maximum of 6 participants per session **

Confident
KIDS CANADA

Your Investment & What's Included Cont'd

All fees are applicable to GST. A non refundable deposit of 50% is due at time of booking, balance to be paid prior to start date

* payment plans are an option that can be arranged at time of booking, please inquire by calling 403-507-9619 and speaking with Shana

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

Your Investment Includes:

- ✓ Participation of parent or guardian
- ✓ Automatic Ambassador Benefits
- ✓ Ongoing participation in regular Empowerment Events
- ✓ All event design & planning
- ✓ Internationally Certified facilitators throughout the duration of the event
- ✓ All activity materials, horses, and event consumables
- ✓ Full liability insurance
- ✓ Refreshments & snacks
- ✓ Exercise briefing & debriefing plus follow-up activities

Your investment does not include: Transportation or Accommodation

Follow Up

Each Youth will return, six months after graduation from this Curriculum, for a (minimum) full day Refreshment Program. This consists of working through two EAL exercise, a one hour Mindset check-in plus lunch with the team so that we can reconnect and ensure that Youth are staying on track to success. This follow up date will be determined at the time of graduation from the Curriculum.

Next Steps

Time to get your youth signed up, only six spots available! Register for this course on our website at <https://www.confidentkidscanada.ca/book-online>

Or give us a call at 403-507-9619 and we will get you registered with everything you'll need!

Your program director is Shana Nicholls. Please contact Shana if you have questions or require more information. Shana is 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 'WARRIORS' Curriculum

Participants Name: _____

Participants Age and Birth Date: _____

Parent/Guardians Name(s): _____

Phone Number: _____

Address: _____

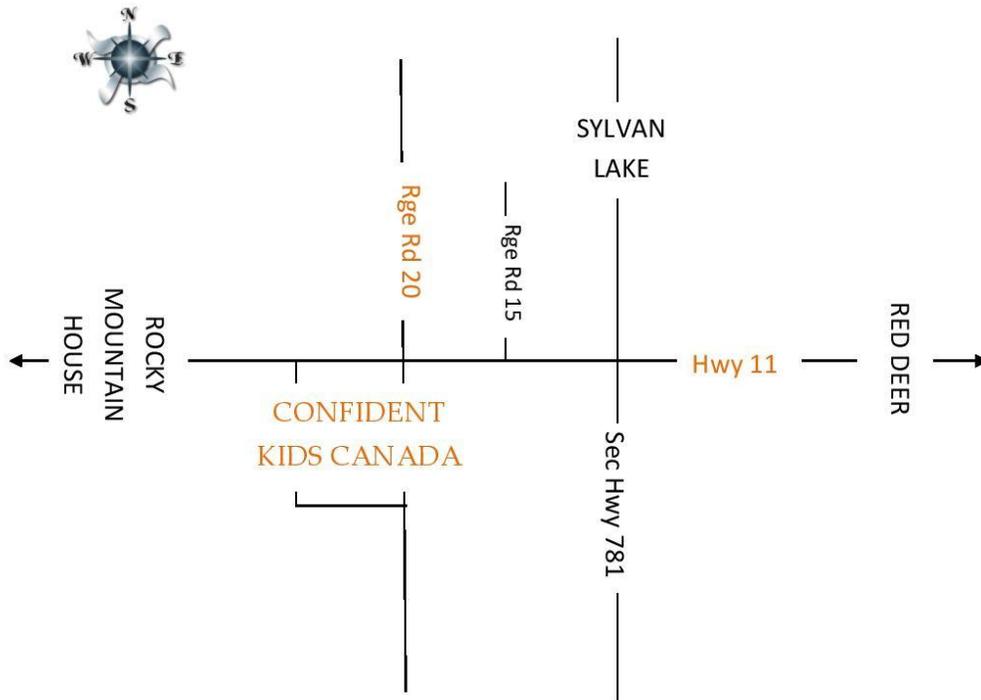
Email: _____

Alternative Contact:

Alternative Phone Number: _____

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

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



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