

Youth and Teen Programs at Inward Bound, EALC

*Life coaching is no longer exclusively
for executives or adults!*



We offer several youth and teen focused programs designed specifically for the challenges our children and young adults face in today's society. Each program includes the use of horses in non-mounted exercises that works to address areas such as:

- Respect
- Creativity
- Alertness
- Imagination
- Choices
- Punctuality
- Honesty
- Courage
- Integrity
- Celebration



Today, more than ever, children and teenagers are challenged to make healthy decisions in a culture laden with unhealthy influences. As a result of these daily stressors, our youth are experiencing low self-esteem, an increase in aggression, a declining sense of personal empowerment and responsibility for their own choices. The best intervention to head off this growing problem in society is an investment to reach our troubled youth with programs that offer immediate changes to their core values, principles and ethics that will reshape the ways they make decisions, behavioral choices and develop life habits.



HORSE POWER

Inward Bound's **HORSE POWER** model is based on ethics and values that foster healthy decision making at every age level. It stands for Honesty, Objectivity, Respect, Safety, Ethics, Patience, Optimism, Wisdom, Energy, and Responsibility. This model is used in all our programs and is the catalyst for emotional growth and personal development. These programs explore the world of choices, ethical decision making, creative problem-solving, teamwork and character education. Clients who complete any of our programs can expect to see immediate improvement in human to human relationships.



Contact Inward Bound, EALC today!
(770) 949-9165 or email:
inwardbound.ealc@yahoo.com
www.inwardbound-ealc.com

Learning to Focus Energy- Price: \$400

This 4 week program is designed to show young adults and children the power of focus and intention within everyone. Groups are formed each month and cater to the needs of the participants. These are co-ed classes that meet once a week for 1 1/2 hours. Every class includes non-mounted interaction with horses to facilitate the learning process. There will be no more than 8 participants in each group.

Preparing for High School- Price: \$650

This 4 week program is designed to help prepare teenagers for the new rigors, challenges and social stresses that are present in the high school environment. Classes meet twice per week for 1 1/2 hours each and new groups are started the first week of every month. There will be no more than 8 participants in each group and all groups are open to male and female students. Every class includes non-mounted interaction with horses to facilitate the learning process.



At-Risk Youth- Price: \$850

Life is unpredictable and this series is comprised of activities that are designed to help participants deal with the inconsistency in life. The facilitators have a keen understanding of metaphorical learning and reality therapy, and are thrilled to offer this 8 week program designed to teach at-risk youth how to handle difficult situations in a positive manner. Each group will meet for 1 1/2 hours each week.

Preparing to Date- Price: \$400

This 4 week program is designed to help young adults gain the confidence necessary to enter the challenging and complex world of dating. The ideal audience for this course is teenagers between the ages of 12 and 16. All female, all male and co-ed groups are available as enrollment permits. Classes meet for 1 1/2 hours once a week and new groups are started the first week of every month. There will be no more than 8 participants in each group. Every class includes non-mounted interaction with horses to facilitate the learning process.

Scout Badge Programs

This is customized three hour program developed to cover all areas described in the Girl Scout and Boy Scout handbooks under badge requirements

- Horse Rider*
- Horse Lover
- (to be named)

Exclusive Scout Pricing

- | | |
|--------------------|----------|
| • 3 people or less | \$50 ech |
| • 4-6 people | \$45 ech |
| • 7-9 people | \$40 ech |
| • 10-15 people | \$35 ech |

* The Horse Rider badge requires 10 hours of previous riding lesson experience, at least 3 consecutive Scout Badge programs, or the scout must register for a series of 9 lessons at Inward Bound prior to earning this badge.

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