

Horses Helping Humans™ - Youth **By EqCetera Inc.**

EqCetera Inc. is proud to introduce the **Horses Helping Humans™ (HHH) Programme** to Western Australia. This internationally recognised, award-winning program uses the powerful connection between humans and horses to foster emotional growth, personal development, and mental well-being.

Why Horses Helping Humans?

Horses possess a remarkable ability to mirror human emotions, helping participants uncover areas in their lives that need alignment and growth. With no prior horse experience required, participants engage in hands-on activities that teach vital life skills through natural horsemanship, all conducted safely on the ground.

Through the HHH programme, participants learn to:

- Manage anger and anxiety with improved emotional control.
- Enhance communication skills for building healthy relationships.
- Boost confidence, self-esteem, and self-respect.
- Develop trust, empathy, and mutual respect.
- Set and maintain healthy boundaries, including saying “no” effectively.
- Reduce stress and achieve emotional balance.

“Horse whispering becomes people whispering.”

Meet Our Team

Rob S

Chairperson and Coach

With over 30 years of experience in Mental Health, Children’s Services, Education, and Youth Work, Rob S. has dedicated his career to creating safe spaces for individuals to grow and heal. Rob’s deep expertise in natural horsemanship, combined with his studies in personality profiling, and career development has driven the successful launch of the HHH programme in WA. Inspired by Sue Spence’s book *Horses Who Heal*, Rob believes in the transformative power of equine-assisted learning to foster personal growth and community connection.

Rekha S

Equine Assisted Learning Programme Leader

Rekha has been the driving force behind EqCetera Inc. since 2017, shaping it into a hub for equine-assisted learning and personal development. As a qualified RDA Adaptive Riding Coach, Rekha’s expertise extends to supporting individuals in overcoming barriers through tailored mentoring and leadership training. Her programs empower participants with confidence, emotional intelligence, and practical skills to navigate life’s challenges.

Marianne R

HHH Approved Facilitator

As an Accredited Exercise Physiologist, an experienced adaptive riding and equine vaulting

coach, Marianne brings a unique perspective to equine-assisted learning. With a strong passion for helping individuals of all abilities, she believes in using horses to promote physical and mental well-being. Marianne's inclusive approach inspires participants to take control of their personal journeys toward better health and improved quality of life.

Our Programs

HHH Youth Horsemanship Programme

Designed for at-risk and disengaged youth, this program fosters calm assertiveness, empathy, and respect. Participants learn to:

- Build trust and confidence through interactions with horses.
- Manage behaviour and develop healthier coping mechanisms.
- Improve school engagement and community involvement.

Youth are referred by psychologists, NDIS support coordinators, community and welfare services, and schools ensuring those in need receive the benefits of this transformative experience. Raising awareness of how our personality type may predetermine our response to many of life's circumstances and shining a light on the unconscious impact of body language has on all relationships. The program culminates in a presentation where participants demonstrate their newfound skills, earning trophies and recognition.

The HHH Difference

Developed by Sue Spence, the HHH Programme incorporates personality profiling and body language analysis based on the four temperaments. Using natural horsemanship techniques, participants gain:

- Self-confidence and emotional control.
- Effective communication and problem-solving skills.
- A deeper understanding of respect and trust in relationships.

These skills not only benefit individuals but also foster meaningful contributions to their communities.

Join Us

Whether you're seeking personal growth, improved mental well-being, or pathways to education and employment, **Horses Helping Humans™** offers a unique and life-changing opportunity.

For more information, visit our website or contact us today to embark on this transformative journey.

EqCetera Inc.

Empowering Lives, One Hoofprint at a Time.