

Testimonial from Swindon ACL

Programme: Workhorse

Written by Julia

The young woman attended some of the HorseHeard course, to support her journey towards employment. The farm environment was well outside her comfort zone and the first lesson for her was around health and safety! She loved working with the horse and the changes in her body language, communication style and ability to team work were all quick and positive. She learned about the importance of intent and planning when going for a job, having a goal, and being flexible in the face of difficulties. She enjoyed the reassurance that she could ask for help if required, but soon realised that she could do more than she thought.

She went for an interview for a voluntary position soon afterwards. We reflected later on what skills she had learned and used from the HorseHeard course – she talked about how she had stayed focussed throughout, asked questions, been aware of her body language, and how her confidence had improved. When asked she said that she felt that the course was *“Challenging, but in a really positive way!”* She is now doing voluntary work two days a week and very much enjoying her work.