



Jess's Personal Mission

It is my personal mission to see as many people in our communities as possible, reach their true potential. For everyone from any background, to be equipped with the resilience and self-leadership skills to assist them moving forward & navigating through life's challenges with confidence and certainty, while harnessing the skills and attributes needed to live a meaningful life and attain personal or professional goals.



Contact

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Our Mission

We deliver a unique style of personal and professional development where our horses do the teaching. We empower the individual or team to develop and build the skills they need to reach their potential, through learning, leadership and life skills. The teachings are memorable and fun, and we host a safe and non-judgemental environment.

Our Community Vision

To empower women at risk to lead change in their lives with courage, assertiveness, confidence and clarity through developing, building and strengthening their skills for life.

For women to feel safe to re-discover their sense of worthiness and belonging and be equipped with skills and attributes to assist them moving forward through life's challenges.

For women to develop social and employability (soft) skills as in investment into their personal and economic wellbeing.

We aim to raise the level of awareness surrounding how horses help women understand more about themselves in a non-threatening or non-judgemental way.



www.leadingchangeexperiences.com.au



Leading Change Experiences Women's Empowerment Series ~ Life Skills Development ~

"Where The Horses Do The Teaching"



Our Programs

Browse our website to see some of the exciting programs going on as we journey together to empower the lives of people in our community.

Testimonial

"Gosh, where to start! Jess is absolutely amazing at what she does. The support and opportunity both Jess and her team of horses provide in the women's workshops is next level. It's been life changing for me! Horses have a way of digging up blocks in the subconscious and releasing them. Absolutely mind blowing to see this first hand. Jess' caring, inclusive, non judgemental ways made this an amazingly healing program. I can't recommend this

amazing business highly enough! Thanks Jess and your team for this

experience - words can't express how much this has helped me and what it means to me".

- Tanya B

"Women Re-Building Lives"

Leading Change Experiences (LCE) is based near Strathalbyn, within easy commuting distance for people and organisations in the Fleurieu, Hills, Murray Mallee and Adelaide areas.

LCE delivers unique Life Skills Development Programs where the horses do the teaching. Through specialised facilitation and result-driven programs, we focus on empowering women through developing foundational life skills.

Jess Keenan, owner of Leading Change Experiences, facilitates the programs that were developed from a solid five year study by three Universities in Canada. These educational and experiential skills programs are run in a group format and focuses on ground activities rather than horseback riding. Equine Assisted Learning is an effective approach to human development that encourages individual and team growth through objective-driven programs that deliver tangible results. We cover the following objectives in our 12 week **"Women's Empowerment Series"** curriculum program.

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| 1. Building Relationships | 7. Negotiation |
| 2. Skills Development | 8. Trust |
| 3. Communication | 9. Choices |
| 4. Listening and Articulation | 10. Leadership |
| 5. Problem Solving | 11. Body Language |
| 6. Focus | 12. Team Building |

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