



## 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 Local and School Community Vision

To empower 12-24 year olds to lead change in their lives through developing healthy relationships and to move forward with courage, self-esteem, confidence and clarity through our BuildingBlock™ Curriculum Programs. To foster inclusion and allow youth to develop, build and strengthen their skills for life.

To strengthen the local and school communities through empowering and equipping our youth with life skills; growth mindsets; meaningful connections; and emotional resilience to reduce the risk of disengagement. For youth to develop soft skills and employability skills; and equipping them with the tools to overcome the barriers of engagement.

To reduce bullying in schools or social circles by empowering teens with bully-proofing skills. Our unique and interactive bullying prevention program is for teens who either exhibit bully behaviour or for children that have experienced bullying.

To strengthen communication, connection and respect within the family unit at our "Enhance and Empower the Family Unit" workshops.

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



[www.leadingchangeexperiences.com.au](http://www.leadingchangeexperiences.com.au)



# Leading Change Experiences Youth Life-Skills Development Programs

*"Where The Horses Do The Teaching"*

## Our Programs

Browse our website to see some of the exciting programs we offer for school children and teens.

## Testimonial

"If there's two things you can bet Jess knows well, it's kids and horses. She is one of those truly special people who possess the empathy, intuition, communication and kindness to truly understand both these enigmatic creatures. Her unique, highly informative program is loads of fun! My kids gained so much knowledge about the psychology of horses as well as gaining invaluable insights into their own selves. Highly recommend it, we're lucky to have Jess, her horses and this program in our community"

~ Julie A.



## "Enhancing Our Community Through Empowering Our Youth"

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 result-driven programs, we focus on empowering youth (10-24 year olds), families and teams of people (sporting and business teams) through developing foundational life skills. When we have more individuals in school and social communities with improved confidence, integrity, resilience, leadership and soft skills, we have a stronger and more connected community all round.

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 offer a specialised **Anti-Bullying Program** alongside our **Skills For Life** program "Youth Leading Change". We cover the following objectives in our curriculum programs for organisations, agencies and schools:

- |                               |                   |
|-------------------------------|-------------------|
| 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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## 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, the personal-leadership and self-empowerment skills to assist them moving forward & navigating through life's challenges with confidence and certainty. For youth to harness the skills and attributes that foster them creating a meaningful pathway forward for themselves.



## Contact

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