

# Experience To Reflect & Reconnect

**ABOUT OUR WORK:** Our aim is to reconnect people through true Wilderness & Horse Guided Facilitations, awakening a caring awareness of self, others and the environment. Combined with facilitating in-depth story telling & writing workshops and sessions, we focus on personal development, reflection, empowerment and communication skills.

Connecting with horses can and most likely will nurture & inspire you, improve your confidence, build healthy relationships with others & reconnect you with your environment. Horse guided facilitations, learning activities and therapy are powerful methods for personal growth and development under the gentle, watchful eyes of the equine facilitator! - *Isabel*

## THE BASICS OF WILDERNESS & HORSE GUIDED PERSONAL DEVELOPMENT:

Through facilitated wilderness experiences, we emphasize the importance of Earth's natural treasures, the wilderness, wild animals along with the interconnectedness between mankind and nature. The value of wilderness to our wellbeing, the potential and opportunity to reflect, discover, reconnect and grow are observed, experienced and nurtured.

Horses build the bridge between humans and the natural world – despite all odds, their spirit is that of a wild animal allowing us an insight into the true meaning and healing of the wilderness. Humanity has only just begun to become aware of the full extent and potential of the horses powerful ability and willingness to help, heal and give to humans. Depending on the participants' horse knowledge, the experience will include limited to no riding, but facilitated somatic, mental and emotional interaction and leading activities in the company of the horses.

Wilderness & Horse Guided Personal Development experiences and facilitations allow for a sense of adventure, reflection and tranquility, created by nature, wilderness and the intuitive healing power of horses surrounding us.

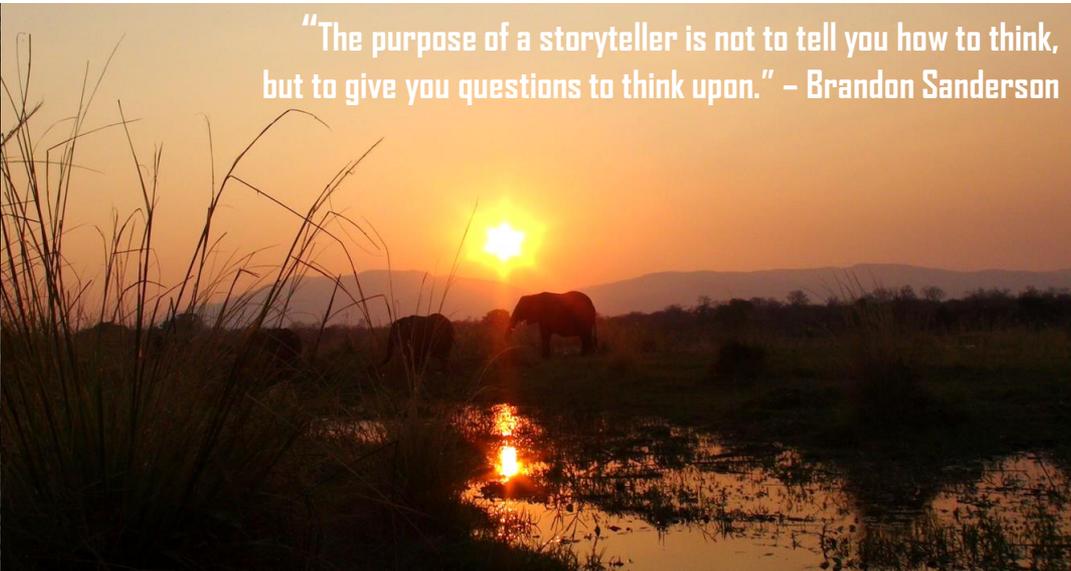


## THE BASICS OF STORY FACILITATION:

To access a closed group or individuals, anywhere in the world in any given situation, it is imperative to approach gently, non-judgmental and with a caring attitude. Stories are a very powerful and kind way of reaching people for any facilitation processes to take place. The basic idea is to use the storytelling/-writing approach as a tool for reflection, a deepening of an experience and give a voice and language to express if wanted to.

To begin with, a story significant to the group/individuals or organization, highlighting a key message of conservation, wilderness, empowerment, equality or other will be shared by the facilitator. Thereafter, a story collection methodology will be applied, through which participants are being guided to choose, develop and write a true personal story of their experience in the Wilderness, in a way that it would be satisfying to be shared and understood by a wider audience.

In the process of creating these stories, each participant's stories are valued, developed and shared, opening an avenue of reflection, personal growth, empowerment, and quite possibly therapy and healing.



"The purpose of a storyteller is not to tell you how to think, but to give you questions to think upon." - Brandon Sanderson



## WHAT WE OFFER:

- Wilderness Experience & Horse Guided Facilitation Packages in South Region of Botswana (from 3 up to 7 Days or longer)
  - Horse Guided Story Writing Facilitation Workshop (2 Days)
- Tailormade Packages and Workshops suited to your requirements

If you would like to receive further information on packages or to make a booking please make contact:

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A detailed facilitator CV and/or references are available upon request.

*"What wilderness does is present us with a blueprint, as it were of what creation was about in the beginning, when all the plants and trees and animals were magnetic, fresh from the hands of whatever created them. This blueprint is still there, and those of us who see it find an incredible nostalgia rising in us, an impulse to return and discover it again... Through wilderness we remember and are brought home again."*

*- Sir Laurens van der Post -*



- Isabel Wolf-Gillespie -  
Wilderness, Horse Guided Personal  
Development & Storytelling  
Facilitator

