

## **Leadership Development Program for Youth**

**Presenter Name:** Abigail Hornik

Licensure Credentials: Eagala Advanced Certified

**Secondary Presenter:** Carolyn Yegen, MEd

Licensure Credentials: Masters in School Counseling, Eagala Certified

The curriculum is divided into 8 group sessions and highlights the following primary goals for participants to be able to teach clients upon completion:

- Create a pattern of behavior guided by the 7 Habits® teachings that creates an individualized value structure supported by individual accountability and building valuable relationships.
- Teach the common language identifiers for individuals to self-advocate and express emotions in any environment.
- Develop tools and strategies to self-regulate emotions and remain in a state of mind conducive for learning and listening.
- Provide the general frameworks to structure and create a foundation of social awareness and social expectations.
- Progress through the development of the human-animal bond demonstrating the process of creating connection and trust.
- Teach the process of planning and prioritizing personal ambitions into achievable and measurable goals.
- Identifying valued activities intended to create space for reevaluation of personal values and reduce anxiety.
- Introduce a set of skills and habits that are foundational for the development of roles and relationships throughout life.

**Objective 1:** Participants will be introduced to an 8 session curriculum of "The Habits of Happy Kids", with the supporting practices of The Zones of Regulation and Social Thinking Rules and Tools

**Objective 2:** Participants will learn how to help clients improve habits and strategies that encourage healthy social and behavioral characteristics

**Objective 3:** Participants will be come away with a tool box of equine assisted session activities relevant to developing leadership skill in youth

### **Presenter Bios:**

Abigail Hornik: Founder and Director of Chinook Horses and co-creator of the Leadership Development Program. Since 2015, Abigail has been providing equine assisted services to people with an understanding of the unique therapeutic qualities possess. Currently Eagala Advanced Certified, trained in Natural Lifemanship and previously, a PATH Certified Trained Riding Instructor and Equine Specialist in Mental Health and Learning, Abigail has used her expertise to create a unique experiential program that helps people learn valuable, social emotional, and behavioral skills to improve their well-being and quality of life.

Carolyn Yegen: Co-creator of the Leadership Development Program