

# EQUINE ASSISTED SERVICES

ONE-TO-ONE PROGRAMME

(1-2-1)

 Aboyne, Aberdeenshire,  
AB34 5LD

We offer highly sought-after one-to-one Equine Assisted Services, designed to support individuals in improving their mental health, wellbeing, and personal development.



These sessions provide a safe, calm, and supportive environment where participants can work at their own pace with guidance from our experienced multidisciplinary team.



## SESSION ACTIVITIES



Ground-based horsemanship and horse interaction



Guided reflection and discussion



Confidence-building exercises



Personal goal setting and review

## PROGRAMME STRUCTURE



One-to-one sessions with a trained facilitator



Initial block of 4 sessions followed by a structured review



**Price: £80 per session**

SCAN ME TO LEARN MORE



 *Building confidence. Improving wellbeing. Changing lives.*



SAFE & SUPPORTIVE ENVIRONMENT



RESPECT & TRUST AT THE HEART



PERSON-CENTRED APPROACH



GROWTH THROUGH CONNECTION