

HB UK



Online Course

- Are you suffering from anxiety, long term injury or depression?
- Could you improve your wellbeing?
- Do you feel disconnected from the world?
- Are you looking for a brighter future?

Delivered through interactive online sessions, this course is brought to you from a multi award winning learning centre. The course creates a safe and supportive environment where participants from the general public can learn, reflect and grow.

A Practical & Supportive Learning Experience

The course combines discussion, reflection, practical exercises, and shared experiences to help participants develop self-awareness, emotional resilience, and stronger connections with others.

Sessions focus on building sustainable habits and understanding how small, consistent steps can lead to meaningful change.



Well-Being Wheel



Self Care



Format:
8 x Zoom
sessions



Award Winning
Methodology



Price:
£250
per person



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www.horseback.org.uk