

Youth Horse Program

Confidence, Growth & Horsemanship

A structured, strengths-based program building foundational horsemanship and, where appropriate, riding skills - nurturing confidence, joy and self-awareness along the way. Skills that serve them now — and open doors to future pathways in equine, outdoor, and the wider world.



Who this is for

Young people ready to grow, in their own way

This program is for young people who are drawn to horses and nature, and who learn best by doing.

It works especially well for young people who feel different, are finding their confidence, or need a space that works with how their mind and body operate — including those with anxiety, ADHD or Autism, and high performers who need time to play without performance pressure.

No riding or horse experience needed — just an open mind and a willingness to show up.

NDIS funding is available for self-managed and plan-managed participants. A school version of this program is also available — get in touch to find out more.

Each term includes

- ✦ Tailored curriculum aligned to Pony Club Association of Australia
- ✦ A personalised take-home learning journal and resources
- ✦ Photo and video highlights capturing progress through the term
- ✦ A guide for parents and support people to help extend the learning beyond sessions
- ✦ **Optional:** a self-directed video project — your young person creates a short film reflecting on their own journey through the term
- ✦ **Optional:** join select sessions and experience the horses alongside your young person

AGES

12 - 18

FREQUENCY

Fortnightly

DURATION

2 hrs / session

GROUP SIZE

1:1 only

LOCATION

Within 40min
of Geelong

Your guide

Jessica Connor Kennedy is a registered teacher with a focus on outdoor and experiential education. She has led youth expeditions across Australia and overseas, and has over 15 years of experience supporting young people — including those with ADHD and Autism — to build confidence and focus. Jessica works with a 'challenge by choice' approach: you choose what you're comfortable with, as long as it's safe.

The approach is grounded in

- ✦ Somatic Horsemanship by Dr Beverly Kane - founder of the Stanford program Medicine and Horsemanship
- ✦ Acceptance & Commitment Therapy (ACT)
- ✦ 20+ years of experiential learning design

Jessica Connor Kennedy



What happens in a session

Every session is shaped to individual goals and learning styles:



Welcome and check in

1

We talk through hopes for the session and settle into the right headspace to engage safely and confidently.



Horse connection

2

This is where real conversations happen. Gentle coaching helps young people find new ways to approach daily challenges.



Hands-on horsemanship

3

Catching, grooming, and caring for the horse, with riding where chosen and appropriate.



Embed the learning

4

Structured reflection through creative methods captures what's shifted, and sets the intention for next time.

We know your time matters too

Sessions are designed to give parents and support people a genuine break. You're welcome to sit, watch and relax — and once they've found their feet, a nature walk around the farm is always an option for you. The coast at Torquay and the cafés at Mt Duneed are both a short drive away.

Jessica can also weave connection into the program for you both, and the horses have a way of doing the rest. Just let her know if that's something you'd value.

The investment covers:

- ✦ Personalised sessions, fortnightly over the term (allow 1.5 hours each, 5 sessions per term)
- ✦ Session preparation
- ✦ Planning and debriefing meetings with Jessica (approx. 30 mins each, 2 per term)
- ✦ Insurance
- ✦ Access to a well-trained, reliable horse and riding equipment
- ✦ Please note: Rider's own helmet and boots required (if riding).

\$2,280 per term

The program fee and structure can be tailored to individual needs.

Not the right fit? **Cancel at any time** and receive a refund for the remainder of the program.

Ready to find out if it's a good fit?

Book a 20-minute chat with Jessica - no commitment, just a conversation.

BOOK A CHAT

or email jessicaconnorkennedy@gmail.com

Jessica Connor Kennedy

