Eponaquest HANDOUT

Eponaquest Approach Workshops: Ground Rules

Developed by Eponaquest Instructors Miranda Carey and Anna Pell

- Confidentiality: only talk about your own experience of the day, both during the workshop and afterwards.

- As participants, you take responsibility for the depth of the work, and how far you want to go.

- As facilitators, we will cover aspects of safety for you, the horses, and the group at the early stages of the workshop.

- After the workshop, if you are left with issues that you would like to explore at a deeper level, you can arrange a one-to-one session with someone at Eponaquest, another Eponaquest Instructor in your area, or consult a therapist or coach.

- As we will be working as a group, we ask that each one of you hold and respect the experience of others during the workshop and after you have left.

- The horses choose whether and how they engage in this work. Our role is to ensure that the horses' needs are honoured at all times.

- In the same way that horses need time to graze and just be, should you need time to journal, to share with one of us, or just to take time out in nature, we ask that you, too, honour your needs.