

DH RANCH PRESENTS

Indigenous & Diversity Awareness

Team Building through the Spirit of the Horse



*A Memorable Experience for
Educators, Corporations, & Organizations*



WWW.DHRANCH44.COM

dhranch44@gmail.com

639.205.7742

53 Cattle Dip Road

Tsuut'ina, AB

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Sample Agenda -This agenda is based on 15 people or less. We customize the agendas based on goals, and number of participants. We can accommodate up to 50 people.

October 7, 2022, ~ 10AM-2:45 PM

10:00 - 10:15 AM Welcome

Welcome: Prayer – Elder

Welcome to Tsuut'ina Nation – Treaty 7

House Keeping Items (Washroom, Handwashing Station, Safety)

Introductions to the DH Ranch Facilitators and Agenda

Ice Breakers

10:15-11:00 AM Empowering the Gifts of Communication & Being One through the Spirit of the Horse

Facilitators: Julie, Cayda, and Sonya

Arena with Horses: Tyrod, Sierra, Dakota, Josh Dennis, Louis

11:00 – 11:15 AM Health Break

11:15-12:00 PM Power of a Circle - Sharing Circle

12:00 – 1:00 PM Catered Lunch / Break

1:00 -1:45 PM Indigenous and Diversity Awareness Education ~ Barn with Refreshments

1:45-2:45 PM Cultural Option

Buffalo Teachings and Archery or Traditional Hand Games

2:45 PM Closing Prayer

2:45 – 3:30 PM Horse Spirit Walk

(If anyone wants to stay and spend time with the horses)



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SONYA DODGINGHORSE

Sonya Dodginghorse is the owner of DH44 Ranch and has a bachelor's degree in Education. She has over 21 years of classroom experience in First Nation Schools. She has committed her life as an Educator to support the academic, health, and wellbeing of Youth, raising awareness on Indigenous issues, and promoting Truth and Reconciliation. Sonya is an advocate for Indigenous issues educating people about the trauma from Indian Residential Schools. She is a role model for Indigenous women and youth sharing her knowledge and experiences.



CAYDA DODGINGHORSE

Cayda is a determined young rodeo athlete. She was crowned with the Junior Barrel Racing Indigenous world title in 2019. Cayda aspires to continue to compete in the Junior division with setting her goal on qualifying for the 2022 INFR and bringing home another world title. As well as just like her mom compete in the pro rodeo circuits to qualify for the 2022 Canadian Finals Rodeo (CFR) in Red Deer, Alberta. She and her mother spread awareness for intergenerational healing as a mother daughter duo on the rodeo trail.



JULIE DODGINGHORSE

Julie Dodginghorse is from the Tsuut'ina Nation. She is a single parent of 2 girls. She is a passionate worker, working with the HDMA youth riding program but also assists the DH Ranch as a Facilitator, and transportation for child and family services. Her passion is her family, and she loves helping the youth. Growing up with horses and cattle on the ranch is something she loves and shares with her children. She has overcome many obstacles with addictions and is on her own healing journey to continue to break cycles. She uses horses and art therapy to heal, and she shares her healing journey to encourage others.



BRENT DODGINGHORSE

Brent Dodginghorse has firsthand knowledge of what it's like to be an Indigenous hockey player and face racial slurs and physical violence because of the color of his skin. He is taking action, not only for Indigenous youth, but for all races and colors. His philosophy is that we are all in this together and we need to solve the problem of racism with education. Knowledge is empowerment and promotes empathy and understanding.



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What is Equine Assisted Learning (EAL)?

Equine Assisted Learning (EAL) is a learner based experiential approach to an individual and team growth's development using horses as teachers with specific objectives such as building relationships, learning about yourself, positive self-concept, and life skill development. It is about mindfulness. It is hands on, and it teaches you to be in the moment.

Why horses?

Horses are sacred medicine for the spirit. Horses are herd animals that inspire our attention and presence. In the horse's world, they expect respect and teamwork, and they react to our stimulus. Therefore, it is the horse that is and will be our teacher and help us to heal in our own way.

What is a Spirit Walk?

Horses' healing ability is an innate gift Horses want to give to humans. It is the unconditional gift of love that draws people to spend time with these amazing Beings. It's not just to ride and play with Horses, but because there is something about simply being near them that brings us to a state of peace and joy and expansion. Within every Spirit Walk, you share a unique connection to body, heart, mind and spirit with the special horses that genuinely reach out to touch you deep within. A Spirit Walk will be available at the end of every session to anyone who needs this time.

Disclaimer: This is not a psychotherapy program.



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FAQ

Will I benefit from your program if I am experienced with horses? We are certain you will benefit! In your experience with horses, you are already familiar with their behavior and the feedback they offer you when you work with them. The EAL experience may help you to understand horses on a deeper level and help you with your personal and professional development.

Do I get to ride a horse? There is no riding horses involved in EAL. It is handling and leading the horses through a set of obstacle courses to learn certain objectives.

What should I wear around horses? Appropriate clothing is recommended for the weather. Open toed and crocs are not allowed. If you have inappropriate footwear, we have boots that you may borrow for the session. Helmets are required to be worn if under the age of 18.

What happens in an EAL session? All lessons and sessions take place on the ground with a certified equine-assisted learning facilitator, assistant, and horses or ponies. The sessions can be customized to the specific needs of the individual participant or the group or organization. Sessions are with the horses that include exercises with halters, lead ropes, tethering, and equipment such as poles, pylons, hoola hoops, tarps, and other obstacles that you and the horses navigate through and over, subject to the objective of the exercise. The work with the horses and the individual or group involves body, emotion, and mindfulness through reflective sessions, journaling, body scans, and grounding. There is no riding the horses.



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Culture

Traditional Hand Games & Story Telling Games **or** Xanitii (Buffalo Teachings) Archery will be part of your agenda based on the Facilitator's availability.



- Participants will develop archery skills and learn about the Tsuut'ina people and Xanitii.
- Participants will understand the evolution of the bow and arrow from ice age to present day.
- They will learn the different types of arrow heads and types of feathers that were used to endure weather conditions.
- Participants will learn about the Xanitii and how it was used.
- Participants will learn methods of hunting the Xanitii: buffalo jump, buffalo pound, wolf robe, horseback, and the importance of a buffalo runner.



Hand Games or Stick Games predates recorded history. The oral tradition tells us that Indigenous people originally learned hand games from the animals. Games were once played for land use and female companionship, and later on for horses and cattle. Today, hand games are played during traditional gatherings, powwows, tribal celebrations, and more recently in tournaments hosted by Indigenous Nations.

- Participants will understand the purpose of hand games.
- Participants will engage in playing hand games.

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REQUEST A QUOTE

Organization/School Name: _____

Contact Name: _____

Phone Number: _____

Email: _____

How Many Staff: _____

Booking Date Option 1: _____ **Booking Date Option 2:** _____

What is the goal for your team:

Lunch: Participants are welcome to bring their lunch and eat at the ranch or we do offer catering for \$25.00 per person. We have several picnic areas at the ranch to enjoy your lunch outdoors.

Catered Lunch: Yes/ NoFood Allergies: _____

Safety:

- Carpool to Save on Parking Space
- Dress for the Weather; No open toed shoes
- Please ensure participants do not have any serious allergies to horses, dust, dogs, and bees.
- Please fill out the Safety & Waiver Forms on our website. You may bring the forms on the day of event: Forms | DH RANCH (dhranch44.com)
- Once this form is received, we will build an agenda, and provide you with a quote for your special day at the ranch.
- Send via email to dhranch44@gmail.com



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