

### About Lauren Munger

Lauren has been a professional in the field of psychology and healing for most of her adult life. She has had a private practice working with children and adults for decades. She was the founder and creator of *A Hero's Journey* self-esteem workshops which she owned and operated in Boulder, Colorado throughout the eighties and nineties. Since then she has added the horses to the program and has become a certified practitioner in the Equine Gestalt Method of coaching, adding strength to the program.



Through partnering with horses, children through young adults will learn how to connect and communicate more effectively and have a better understanding how to handle changes in their lives.

*No horse experience is necessary. This is an opportunity to engage with horses in a new and exciting way through groundwork!*

**For More Information, please contact:**

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## A Hero's Journey with Horses



Building self-esteem and enhancing self-discovery through partnership with horses

Help your child

# Discover their inner Superhero!

## A fun and exciting new way to bring out the "hero" in your child!

Have your child spend time in the arena with Lauren and our horses and they will learn the tools specifically designed to increase confidence and communication skills.

**Lauren Munger** is a certified Gestalt Equine Coach and works with kids and horses in an intuitive way which enhances self-esteem and confidence.

The content of this program was loosely modeled after some of Joseph Campbell's work "The Hero's Journey" whereby individuals embark on an arduous journey to overcome adversity in search of something outside of themselves to solve a dilemma, only to find in the end that they had it all along.

The Wizard of Oz is a perfect example of this kind of quest and was actually the model and symbol for Lauren Munger's workshop. Over time "A Hero's Journey" was expanded to include terminally ill children in the Leukemia program at Denver's Children's Hospital, widely recognized within the Boulder Valley RE2 School district, at camps for teens, for women in Atlanta, GA, and many other venues in and around Colorado. The addition of horses to this program has opened up many exciting opportunities.

*\*All activities are done from the ground. Closed toe shoes are a must while attending sessions or workshops.*

## This workshop will assist your child with:

- Build confidence and have a more refined awareness of who they are
- Encourage working together with others through fun filled exercises
- Discovery strategies to manage strong emotions in a constructive way
- Develop leadership and learn effective communication skills
- Discover the "hero" within



What is your child's superpower?