HORSES HELPING HUMANS
SUE SPENCE COMMUNICATIONS

NEWSLETTER

November 2026



And just like that, we're nearing the end of 2026!

Hello to our wonderful Horses Helping Humans community and supporters, near and far!

Can you believe we're already heading towards the end of another year? It feels like only yesterday we were welcoming 2026, and here we are, with the temperatures warming up, summer just around the corner and the Christmas season fast approaching!

As we put together our final newsletter for 2026, it's a wonderful opportunity to look back and reflect on what has been another busy and rewarding year for Horses Helping Humans.

One of the greatest joys for us continues to be watching our wonderful facilitator community grow, seeing the confidence build, the workshops come to life and the many different ways you're sharing Which Horse or Pony Are You? with people in your communities.

Whether you've been part of the HHH family for years or have only recently joined us, we hope you feel incredibly proud of the difference you're making. Sometimes it's the smallest moments, a conversation, a connection or a little breakthrough, that can have the biggest impact.

And that's what makes this community so special!

It's because of you that the HHH message continues to reach more people, in more places, and we couldn't be prouder.

We hope you enjoy this final edition for 2026, take a little time to celebrate all you've achieved this year, and perhaps find some inspiration for what's to come in 2027.

So, pop the kettle on, put your feet up and enjoy catching up on all the latest from our wonderful HHH community.
Happy reading!

Sue and the HHH Team xxx

P.S A friendly reminder to our certified facilitators, you are always welcome to join our weekly theory training as a refresher.

It's a great opportunity to revisit the Which Horse or Pony Are You? presentation, refresh your knowledge and reconnect with the HHH foundations. If you'd like to join one of our upcoming Zoom sessions, simply get in touch with the team and we'll send you the details.

www.horseshelpinghumansaustralia.com
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NEWS FROM AROUND THE WORLD



Seymour, VIC

Amy Lister from 'Hoofprints to Healing' shares her journey of Bringing Learning to the Community

Since completing my Horses Helping Humans training, I've been busy building Hoofprints to Healing in Seymour, Victoria, and putting what I've learned into practice within my local community.

It's been an exciting journey, with opportunities to work with children, young people, adults and people with additional needs through equine-assisted learning.

One of the highlights has been delivering my 'Which Horse or Pony Are You?' presentations to schools and community organisations. These interactive workshops use the different personalities and characteristics of horses and ponies to encourage participants to explore their own strengths, communication styles, behaviours and how they connect with others.

I've also had the opportunity to work alongside local council youth services, delivering my 'Which Horse or Pony Are You?' presentation to young people. These sessions encourage self-awareness, communication, recognising individual strengths and understanding how we connect with others.

Alongside these presentations, Hoofprints to Healing offers individual sessions, Youth Hangouts, Kids' Equine Experiences and Women's Equine Experiences.

What I love most is seeing people engage with the horses in their own way. Sometimes it's a conversation, sometimes a small moment of confidence, and sometimes simply feeling comfortable enough to try something new.

The Horses Helping Humans training has given me a wonderful foundation to build on, and I'm excited about the opportunities ahead as Hoofprints to Healing continues to grow and reach more people in our community.

I'm incredibly grateful to be part of a network that supports and encourages people to bring equine-assisted learning into their own communities.

You can connect with Amy via the socials - HoofprintstoHealing or via email hoofprintstohealing@outlook.com







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Disengaged Youth



PCYC & HHH on the Mid North Coast, NSW

POLICE CITIZENS YOUTH CLUBS NSW

Helping Young People Find Their Way – One Horse at a Time!

There's been some wonderful things happening at Riverdance Nabiac, where **Kerri from Riverdance and Becky from Sunnyside Equine Facilitated Learning** have joined forces to work alongside PCYC to deliver a five-week youth engagement programme, using our very own Horses Helping Humans model.

The programme was designed to support young people who have been struggling to engage with school, offering them a different kind of learning experience, away from the classroom and alongside our wonderful four-legged teachers.

Using the Which Horse or Pony Are You? programme, the young people explored communication, confidence, emotional awareness, boundaries and relationships, all through hands-on activities with the horses.

And what a wonderful five weeks it turned out to be! One of the most heartwarming outcomes was hearing that some of the young people, who had previously been reluctant to attend school, were making the effort to come in on the days they knew they were heading out to the horses!

For young people who have been finding school challenging, that's a pretty special achievement and a lovely reminder of just how powerful connecting with horses can be.

Throughout the programme, it was wonderful to see the young people getting involved, building connections and experiencing learning in a way that felt different, engaging and meaningful.

And the best news? The programme was so well received that it's now back for a second term.

We're absolutely delighted to see the HHH model being used in this way, helping young people build confidence, discover their strengths and experience those little moments of success that can make such a big difference.

A huge congratulations to Kerri, Becky and everyone involved at PCYC for bringing this wonderful initiative to life.

Sometimes, all it takes is a horse, a little encouragement and a different way of learning to help a young person take that next step forward.

Know a school or community organisation that could benefit in a similar way to PCYC? Reach out today and we can share who delivers HHH in your area.

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Finding Peace Through Horses



A Beautiful initiative from HHH INDIANA, USA

We couldn't be prouder of our wonderful Laura from Horses Helping Humans Indiana, who continues to find such meaningful ways to bring the HHH philosophy to life in her community.

Laura recently organised a beautiful Finding Peace Through Horses Breast Cancer Awareness Mini Retreat, offering a peaceful and supportive space for people whose lives have been impacted by breast cancer.

Held in the tranquil countryside of Bloomfield, Indiana, the retreat was thoughtfully designed to give participants a chance to step away from the appointments, treatments and uncertainties that can come with a cancer journey, and simply take some time for themselves.

With gentle horses, quiet reflection, sound bowls and compassionate support, the experience was all about creating a safe space to rest, recharge and reconnect. And what a beautiful reminder of the many ways horses can bring comfort, connection and calm into people's lives.

What makes us especially proud is seeing Laura take what she's learned through Horses Helping Humans and use it to make such a meaningful difference in her own community.

This is exactly what we love about our growing HHH family.

Every facilitator brings their own passion, experiences and ideas, finding new and wonderful ways to reach people who can benefit from the special connection we share with horses.

Laura, we are proud of you beyond words!

Your kindness, compassion and dedication to helping others is truly inspiring, and we absolutely love seeing the positive impact you're having in Indiana.

A huge congratulations from all of us here at HHH HQ.



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Interested in HHH but don't own any horses?



You may be surprised to learn how common this is. The good news is that you don't need to own horses to undertake the theory component of the HHH facilitator training. **You can become a licensed facilitator of the theory component of Which Horse or Pony Are you and deliver this content in many different settings - NO horses required!**

For some this may sound like a great opportunity but for others, you may be thinking where do I start?

If that's you, read on...Sue Spence & Kerri McCabe (Lifecoach & Owner of Riverdance) have collaborated to bring you a package that includes the theory component of HHH, AND dynamic life coaching to support you to get your property ready to start earning an income. They will teach you how to run workshops and retreats in settings of your choice, and walk alongside you with 1:1 coaching sessions tailored to your exact needs.

Interested in learning more? Contact the Horses Helping Humans team on 0411 469 730 or email enquiries@horseshelpinghumansaustralia.com to discuss the opportunities available. Our team will be happy to answer your questions and connect you with the right person.



Workshop ideas without horses include:

- WOMEN'S WORKSHOPS
- PARENTING
- TEACHERS / EDUCATION STAFF
- CORPORATE
- COMMUNITY ORGANISATIONS
- FRONT LINE WORKERS
- FAMILIES
- RELATIONSHIPS

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Give yourself the gift of HHH this festive season



Still wondering what to put on your Christmas wish list?

This Christmas, why not invest in **YOU?** Follow your passion, learn something wonderful and start a journey that could open the door to a whole new chapter.

After all, some of the best Christmas presents don't come wrapped under a tree!

Current End of Year Pricing:

To become trained as a certified presenter of HHH theory only workshops:
Investment: $1,900 + GST

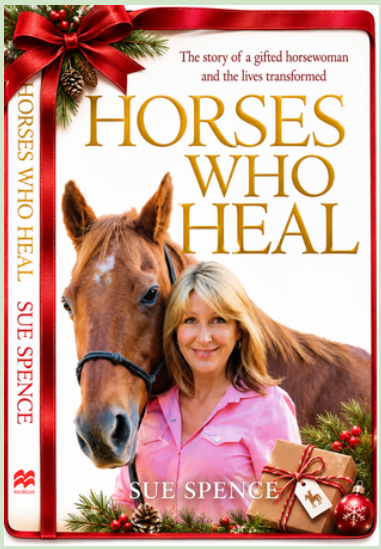
Enrol in the full HHH Facilitator Training (Theory and Horsemanship):
Investment: $3,250 + GST

Nominate a second person to complete the theory component at no additional training cost.
(The second person's inclusion applies to theory training only. Horsemanship training / certification is not included).

Our next training commences 7th December - secure your place by emailing us at:
enquiries@horseshelpinghumansaustralia.com



And don't forget, the perfect stocking filler...Sue's book...



Sue's book is still available to purchase via e-book or the traditional paper copy. And she'll even sign it for you when you catch up.

Hard copy:
https://www.booktopia.com.au/the-horses-who-heal-sue-spence/book/9781743535028.html

e-book: Via Amazon, Apple itunes or here:
https://www.barnesandnoble.com/w/horses-who-heal-sue-spence/1124576095?ean=9780648966012

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Thank you for reading

As we wrap up another wonderful year, we'd like to wish our entire Horses Helping Humans community a very Merry Christmas and a happy, healthy New Year!

We hope the festive season brings you some well-deserved time to slow down, enjoy the simple things and spend a little extra time with your four-legged friends. After all, our horses are wonderful at reminding us to slow down, be present and appreciate the little moments that matter most.

May your Christmas be filled with happy horses, peaceful paddocks, plenty of laughter and special moments with those you love, both two-legged and four!

Thank you for being part of our HHH family throughout 2026. We look forward to sharing more wonderful horse moments, connections and adventures with you in 2027.
With warmest wishes,

The Horses Helping Humans Team xxx

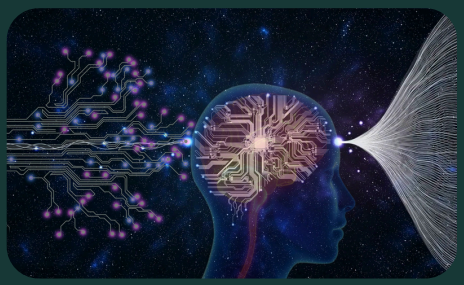
Sue's Pearl of Wisdom

"We've all been given a gift - Use it, and become what you teach"



Sue's tip this month

Replace the word 'weakness' with 'challenge' and notice the difference it makes to your self-esteem.





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