



## THE INNOVATION JOURNEY

Eadaoin O'Connell is a qualified social care worker, Equine Assisted Learning facilitator and life coach. From her own personal experiences and the comfort and peace she felt in the presence of horses on her family farm, she was inspired to establish Siúl Liom to support other people with big emotions. She founded Siúl Liom Equine Learning Centre located in Mungret, County Limerick and offers Equine Assisted Learning sessions to people of all ages.



Equine Assisted Learning involves

spending time with horses in various exploratory activities to promote self-discovery and self-awareness. This practice aims to enhance social and emotional skills. It does not include horse riding and requires no prior horse experience. A safe environment for learning and development is established through the partnership between the client, the horse, and the facilitator.

## THE INNOVATION IMPACT



Since 2023, the centre has supported individuals within the homeless sector, disability sector, children,

and young people from various communities.

Sessions are tailored to the needs of participants. Specialised support is offered in the following areas: Self-management, Self-awareness, Problem solving skills, Communication skills, Personal and Professional goal setting, Stress management, Relationship skills, Self-confidence, Teamwork and Leadership skills.

In addition to running the centre, Eadaoin attends different events to build awareness of this practice and the centre. Eadaoin believes that:

*“Siúl Liom is about offering people a space to find their voice. A space for those voices to be nurtured and a space for our incredible equine partners to walk with them through those big emotions”* (Eadaoin O'Connell, cited in equitas.ie, 2024).

## USEFUL LINKS:

<https://www.equitas.ie/follow-your-fire/>