

How to register for online workshops or events and sessions at Fox Song Farm:

You can register online by going to www.kindlehealth.org and clicking through to 'Online Bookings.' Choose an online or on-site event or session date at FSF that works for you (offered March – October at FSF, weather depending)

- Payment is requested at the time of registration and is due before the beginning of the workshop
- Bring a friend, and you both attend for half price! Email Faith with your information and your invoices will be adjusted
- **Finding Your Joy** events are held at Fox Song Farm. Dress for the great outdoors—in layers and with sturdy shoes or boots—and remember the sunscreen and hat!

Please complete your registration forms and the Fox Song Farm safety lesson before arriving to the event. If you have any questions, please email kindlemyhealth@gmail.com



About Kindle Health

KH offers ecotherapy and health & wellness counseling and coaching events in a farm environment at Fox Song Farm. A special focus includes responses to ageing, life/career transitions and chronic health challenges.

Faith Richardson is an Ecotherapist and Life Coach, with an advanced nursing practice background, a Family Nurse Practitioner degree, and over 14 years' experience as a university professor. A credentialed provider, Faith offers techniques from HeartMath™, Applied Kinesiology (PSYCH-K™), Equine Facilitated Wellness and Equine Guided Learning (EFW-CAN). Faith's rich experience in creative writing and coursework in the therapeutic use of arts brings a deep regard for the creative and expressive arts in healing.

Along with individual sessions, Faith offers group workshops, including Grandma/Grandpa and Me Farm Fun, Meadow Musings, HeartMath & Horses, and Colored Ponies Communication Styles.

For more information, visit Facebook [FSFWellbeing](https://www.facebook.com/FSFWellbeing) or www.kindlehealth.org



KINDLE HEALTH
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Finding Your Joy

*Equine-Guided Learning Events
at
Fox Song Farm*



Finding Your Joy is the cornerstone program of Kindle Health. Faith’s work with nurses and other care providers, university students, and adults of all ages has resulted in a program aimed at revitalizing personal passion, renewing soul-purpose, and building life-generating resilience.

Years of walking beside friends and colleagues experiencing moral distress in caregiving, burn out associated with unjust work situations, and career contexts that ‘chewed up’ personal passion and soul-purpose, led Faith to explore ways that passion and purpose is renewed. Faith began to see a parallel between career burn out, ageing and perimenopausal issues, and sadness that often settled on people due to accumulated losses and unfilled personal missions.

Why do we tend to ‘burn out’ or lose our passion for life?

- **Physical reasons** include hormone shifts, nutritional deficits, sleep deprivation, chronic disease challenges
- **STRESS, especially chronic stress**, which is exhausting both physically and emotionally/mentally!
- **Work that seemingly does not end**, or does not have a natural rhythm with reliable ‘off’ time that is sufficient for personal renewal, or a predictable trajectory with ‘mile markers’ of achievement and rest
- **Social and role changes**, including ageing transitions, that are perceived as losses



Although we may feel as though we are trapped by age, financial, family, or health situations, **we can re-kindle our joy.**

There are choices that can influence our wellbeing and transform our lives:

- We can choose to become more resilient physically, emotionally and mentally.
- We can re-ignite personal passion by reconnecting with our soul-purpose.
- We can release paralyzing self-limiting beliefs we hold about ourselves.

R e-kindling your j oy

Ever wonder who that is in the mirror at the end of the day? Why your voice seems stifled or shrill? Frustrated that life has taken you away from the real you?

Finding Your Joy provides a mix of reflective learning experiences, all about you. Your **FYJ** workbook becomes a roadmap as you move through reflective exercises exploring beliefs and barriers holding you back from living authentically from your heart and soul. Workshop sessions with horses, soul-arts and group synergy ignite insight.

Finding Your Joy isn't just about getting a few new ideas—it's about transformation.

The details ...

Finding Your Joy is a two-part event, consisting of an online component and an on-site workshop. The online component is normally completed in 3 weeks, but it can be done entirely at your own pace—you have a year to access it. The on-site workshop at Fox Song Farm is a four-hour day session and is offered throughout the warmer months of the year. The on-site workshop includes experiential sessions with horses and soul-art. Neither horse experience or artistic ‘skill’ is necessary!

A second option offered is the online course only.

Finding Your Joy	
Online course plus on-site workshop at Fox Song Farm	\$325 (plus workbook fee)
Online course only	\$55
Workbook	\$20

- Booking for either option is available by going to www.kindlehealth.org. You may order workbooks there, too.
- The workbook is required for the on-site workshop and is helpful (but not required) for the online course only option, too.