

LEANNE Benjamin

Equine Assisted Learning
& Therapy Facilitator
-Business Owner

About Me:

In 2022, following my formal training, I founded Equine Dynamics—a purpose-driven initiative that integrates Equine Assisted Learning to foster life skills through meaningful interactions with horses. In February 2025, we expanded our services to include Equine Assisted Therapy, in collaboration with our counsellor, Carol Drew, to further support emotional and psychological wellbeing.

Equine Dynamics was created from my lifelong love of horses and a vision to harness their intuitive and therapeutic qualities to promote human healing and growth.

My professional background spans education and frontline roles in mental health and social services, where I've supported individuals and families facing complex challenges. These experiences have shaped the foundation of Equine Dynamics.

Today, my focus is on working with individuals, couples, families, schools, and organisations—supporting clients navigating life challenges, including trauma, mental illness, disability, neurodiversity, physical illness and much more. Equine Dynamics offers a compassionate and effective alternative for learning, healing, and personal development.



Recent Accomplishments:

- **Commencement of Acorn Funding** - August 2025
- **Introduction of Equine Assisted Therapy** - February 2025
- **Founded Equine Dynamics** - February 2022

Contact Information:

Equine Dynamics

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Relevant Experience:

I bring nearly two decades of experience in social services and mental health, supporting children, youth, adults, and whānau across diverse settings to help them achieve meaningful goals. My work has consistently focused on building trust, fostering resilience, and tailoring support to meet individual needs.

From 2018 to 2020, I led an after-school care and holiday programme from home, for neurodiverse children, where our animals played a central role in inspiring learning, connection, and growth. This hands-on experience deepened my commitment to inclusive, strengths-based approaches.

I've been a dedicated horse owner since the age of 13 and currently care for three therapy horses and two riding horses. Among them are two rescues, reflecting my lifelong commitment to animal welfare—a value also evident in the care of our rescued cats, dog, and pet goats. I ensure every animal in my care is treated with respect, compassion, and purpose—principles that are embedded in both my personal values and professional practice.

“Leanne, the session you provided for my young person was truly transformative. When she arrived, she was very anxious and overwhelmed that even being near Tommy felt impossible to her. However, by the end of the session, she was leading Tommy around the arena. While she was still quite scared, it was a huge milestone for her, and she was able to achieve something she genuinely didn't think was possible.

What stood out the most to me was the way you interacted with my young person throughout the session. Your calm, patient, and encouraging approach made such a difference. You took the time to understand her fears and gently guided her through them in a way that made her feel both safe and supported. It was clear that you weren't just focused on the activity itself but on building her confidence and helping her feel capable. Your ability to connect with young people, especially those who are shy or anxious, is incredible.

The environment you created felt so nurturing and empowering for my young person, and I know that the impact of this session will stay with her for a long time.

It's rare to find a programme that not only teaches skills but also instils a sense of courage and achievement in such a meaningful way. Thank you for the care and expertise you brought to the session – you are truly amazing!”

-Te Aranui Youth Trust

Relevant Education:

Comprehensive First Aid Certificate - 2025

Equine Connection Facilitator Training - 2021

Bachelor of Social Work L7 (Year 1 & 2) - 2020

National Diploma in Social Services L6 - 2012

Certificate in Mental Health Support L4 - 2005

Referees:

Available on request.

Client Review: