



RECOVER. REPURPOSE. REINTEGRATE

# WAR HORSES FOR SOF

OUR MISSION: To optimize mental performance and resiliency through active recovery, decompression and engagement promoting tactical longevity of the warfighter.



## COACHING

Gain self-awareness, clarify personal goals for the program and beyond, develop objectives for personal reflection and growth



## FARM WORK

Addresses skills related to mindfulness, active attention, and stress reduction through task accomplishment and physical activity



## SELF-CARE

Programs to demonstrate mind-body connection and its application to holistic wellness both in horsemanship and extension to everyday life



## HORSEMANSHIP

Participants will advance at their own pace learning to communicate properly with the horse on the ground and in the saddle

# OBJECTIVE & INTENT

The War Horses for SOF Program primarily translates into verbal and non-verbal communication techniques that Operators will use in their personal and professional lives. The same techniques used to communicate with horses are also effective tools to communicate with humans in an operational environment and with host nation counterparts. This program enables the force to maintain Operators at an optimal level of performance, develop their personal and professional abilities, while simultaneously improving the Operator's mental performance.

A large portion of the force throughout the regiment struggles with levels of depression, anxiety, PTSD, and several other conditions attributed to multiple rotations in combat, detachment from their families, living in a constant state of assessment (eyes on), and coping with perceived judgements from peers and leaders. In time, this can lead to a physical and emotional breakdown that could make the Operator non-mission capable – or otherwise, a feeling of worthlessness to the operational environment.

Therapeutic programs are not necessarily appealing to Operators until they reach a breaking point and feel like they have limited options. This is one of the many reasons why WHFSOF developed a program that does not look or feel like traditional therapy. WHFSOF uses like-minded coaches and mentors to help SOF navigate their personal situations. This program serves as both a reset, skill tune up and a performance optimization program that is adaptable at many levels, promoting holistic mental, physical and family wellness. From developing young Operators foundational skills in communication, self-awareness and goal-direction to a senior Operator who needs a reset to reorganize priorities and refocus for the next phase of life/career; this program meets the Special Operations mission-oriented mindset.



**APPLY TODAY**

**EMAIL [SOF@WHFV.ORG](mailto:SOF@WHFV.ORG)  
FOR APPLICATION AND PROGRAM INFO  
VISIT OUR PAGE AT  
[WWW.WARHORSESFORVETERANS.ORG/SOF](http://WWW.WARHORSESFORVETERANS.ORG/SOF)**

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