



# Equestrian Relationship Coach

## Introduction Booklet

Photography Elizabeth M. Photography

All rights reserved | Equestrian Relationship Coach | 2026



# Part I Who For the Passionate Horse People

*"Cat helps humans and horses be more authentically themselves, allowing them to communicate and connect with each other on a whole new level. She is a soft, open, grounded and attuned horsewoman who will honour the horse and their unique experiences, and always go at the pace they need her to."*

[www.eqrcoach.com](http://www.eqrcoach.com) | [Book a call](#)



# Introduction

I coach passionate horse people to have healthy, safe relationships with their horses and themselves.

By offering safe, non judgemental, and supportive sessions, for the human, horse and their partnership together.

So that they can become unstuck, feel at home in each others company and free to be unapologetically themselves.

To finally find a way forwards that feels aligned, ethical and evolves with them.

[www.eqrcoach.com](http://www.eqrcoach.com)

*Cat x*

[www.eqrcoach.com](http://www.eqrcoach.com) | [Book a call](#)

All rights reserved | Equestrian Relationship Coach | 2026

Photo Elizabeth M. Photography



## Who is ERC for?

For the **passionate horse people** who have been told they are “too nice”, “too soft”, “too slow” ...

Who feels the **conflict** between:

What they've been **taught...**

What they see around **them...**

What they have been **told...**

And what they **feel inside**, or what their **horse is guiding them towards**.

The ones who don't just want a “**well-behaved**” horse—  
**But a relationship.**

- **A partnership.**
- **A connection.**
- **A communion**

The ones are **tired of being on the runaway train** of pressure, performance, and expectations.

And who are ready to **step off...**

**And finally centre the relationship at the heart of everything they do with their horse.**

To create a place where both **horse and human** can feel **safe, seen, heard and at home**.

So, whether you are **new** to horses, **returning** to horses, or have **shared your life** with horses...

There is something for you here.



# You & Your Horse are Wonderfully Unique

Every horse-human relationship is unique.

This is something to be **cherished**.

You both are **individuals** with your own:

- **Stories**
- **Experiences**
- **Blueprints**
- **Nervous systems**
- **Minds**
- **Hearts**

Coming together to create a **shared bond**.

This is why it is **important that you aren't put into a box** that doesn't fit you or your horse, or given a **'one size fits all'** approach, or **criticised** for the individual path you are **walking together**.

As an **ERC**, my aim is to **meet you and your horse exactly where you are**, taking time to understand:

- What **matters** most to you
- Where **you and your horse** are right now
- What feels **good**—and what **doesn't**
- What you want to **create together**
- Who you **are**, and who you **are not**.
- What is important to you both as **individuals and a partnership**.
- A way forwards that feels **aligned**

[www.eqrcoach.com](http://www.eqrcoach.com) | [Book a call](#)



## Part 2

### How

*Supporting you, your horse and your relationship.*

*"I've never known an approach quite like this, and the result is an empowered, authentic and incredibly non-judgemental. I can't recommend Cat's work highly enough"*

[www.eqrcoach.com](http://www.eqrcoach.com) | [Book a call](#)



# How might we work together?

Your **challenges are not random.**

They are often signs that **something within the relationship** needs support.

**This might show up as:**

- Behavioural issues
- Misunderstandings
- A quiet (or loud) feeling that you can't put your finger on
- Not feeling like you see eye to eye
- Practicing methods that no longer feel right
- Emotional dysregulation, feeling stressed, shutdown or stuck
- Feeling like you are out of answers

You are not alone. There is no shame or judgement here.

When you feel like you can no **longer carry on** down the road...

When you feel **out of options, or exhausted at the overthinking, and feeling like nobody quite gets it**, it's time to trust the process and the **next step** on the journey to coming home.

What if it just might open a door to something **amazing**?

[www.eqrcoach.com](http://www.eqrcoach.com) | [Book a call](#)



# How might we work together?

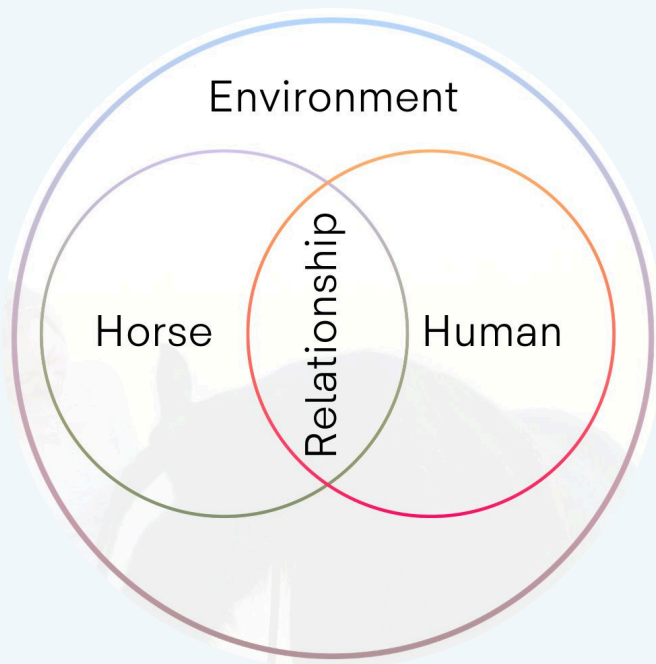
This is why we consider the whole picture.

The components that it's built from, and relationship between them.

Rather than “fixing” one piece, we **work with the whole relationship**—supporting each part to come back into balance.

Because when one part of the relationship shifts, the bigger picture begins to change.

We will have an **integrative approach**, so each being in the relationship feels supported, and able to return to a more **balanced place**.





# Nurturing Each Component

## You

Know who you are

Shift beliefs and stories that are getting in the way

Feels safe and settled within yourself

Grow nervous system regulation

Expand your understanding and confidence.

Become an anchor for those around you.

Develop resources, skills and tools.

Feels confident to advocate for yourself and your horse

## Your Horse

Feels understood

Safe and settled in themselves

Shifts emotional blocks

Feels safe and more comfortable in the body

Resolves behavioural issues

Able to advocate for themselves

Expand the capacity to connect

Is heard and listened to

Has a choice, is free to say no.

Enjoys sharing space with their human

## Your Relationship

Feel in tune

Hear & understand with each other

Deepen your connection

Create softness

Grow a language with relationship at the core

Enjoy each others company

Technical refinements that keep the horse in mind

Feel safe, secure and moving forwards.

Sustainably expand thresholds

Enjoy your moments together



# The Result

You and your horse begin to:

- Feel more **at ease** together
- **Understand each other** more clearly
- Build **genuine trust**—not forced compliance
- Feel **safe enough** to be yourselves
- **Communicate** with each other
- Become **in sync** and **in tune**
- **Grow and expand** your **thresholds** and what you do together
- Feel **regulated and adaptable**
- Feel more **confident** in who you are and what you **do together**

So your partnership can evolve in a way that feels **good, sustainable, and truly both of yours.**

And you can have **an approach that grows with you.** That isn't fixed or prescriptive, but **flowing, dynamic, and expands** into everything you do together.

Whether that is hanging out, playing on the ground, or under saddle.

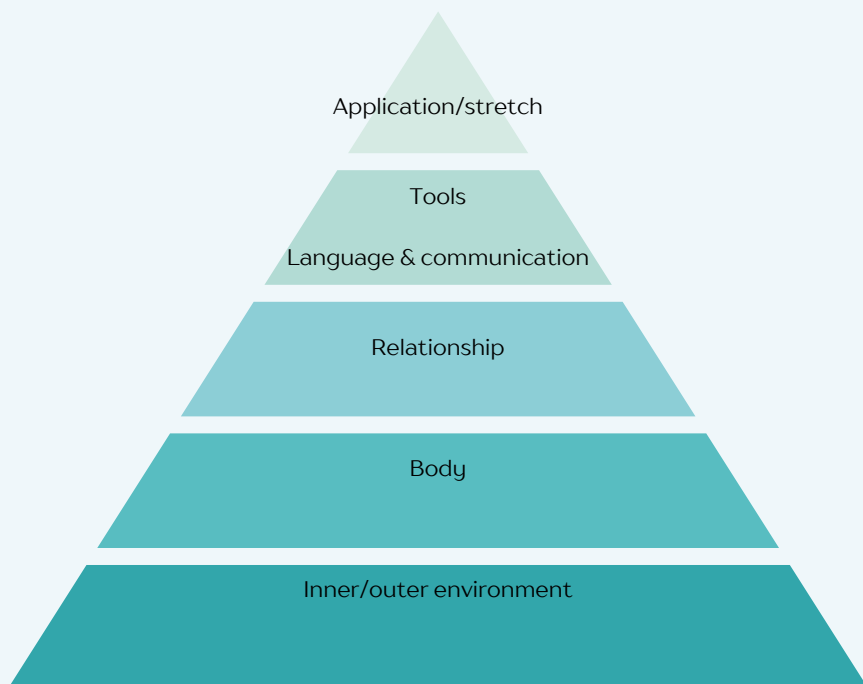
[www.eqrcoach.com](http://www.eqrcoach.com) | [Book a call](#)



# Developing layers of safety

Growing a **secure, healthy and safe** relationship requires creating safety through different levels.

This is the guidebook we will work from.



[www.eqrcoach.com](http://www.eqrcoach.com) | [Book a call](#)



## Part 3 *Why*

# Returning to Relationship



[www.eqrcoach.com](http://www.eqrcoach.com) | [Book a call](#)

Photography Elizabeth M. Photography

All rights reserved | Equestrian Relationship Coach | 2026



# Relationship: What is it? What is it not?

The word **relationship** can feel **misleading and confusing**—because in the horse world, we're often taught that it means:

- The horse owes humans **a response**
- Respect = **obedience**
- Trust = doing what they're asked, **no matter what**
- The human must be the **“alpha” or in control**
- Saying **yes, always**
- Getting it right, **all the time**
- Being able to **take advantage** or **leverage** of the horse
- Putting on a happy face despite what is going on underneath
- Not having the **freedom** to say **no**, or **give consent**.
- **Lightness and quietness**

*But a healthy relationship is not built on pressure, perfection, or performance.*

## The truth?

Would you **feel happy in a relationship** like this? **Fulfilled? Safe? Able to speak up? Would your heart be happy? Would it feel fair?**

*It's fair to say that the meaning of relationship may have gotten a little lost along the way. Modern humans have shifted the true meaning of relationship into a version that suits and serves them in a human centric, fast paced world, relentless industry driven by results and money.*

*Especially when it comes to horses.*

[www.eqrcoach.com](http://www.eqrcoach.com) | [Book a call](#)



# The core of who we are

Contrary to this, relationship isn't just a 'nice afterthought', but the core of who we are.

Before we had technology, jobs, houses, stables, riding disciplines, rode into battles or ploughed fields, before domestication... humans and horses walked alongside each other as social mammals.

This meant we existed within our own groups and communities; herds and tribes that were webs of relationships. Stable bands of familiar individuals whom we were a 'family' with.

Relationships enabled us to:

- Nurture young
- Stay safe from predators
- Navigate the environment effectively
- Care for each other
- Get food
- Recover and heal from illness or injury
- Learn, grow and pass down knowledge, behaviours and skills to each generation.

Without relationship, individuals would be incredibly vulnerable.

This is why our worlds revolve around being in connected, healthy and safe relationships. We evolved that way.

[www.eqrcoach.com](http://www.eqrcoach.com) | [Book a call](#)



# Navigating an outdated system

With this in mind, it's fair to say that both **horses and humans** have been **shaped by environments** that **pull us away** from this natural way of **being and relating**.

## Our horses

Have been **removed from their complex social and wild herds, movement, choice, and connection**. Into human **worlds, schedules and systems**.

## Us humans

Have been immersed in a **fast-paced, results-driven world** that values **productivity over presence, results over relationship** and **logic over feeling**.

## Within horse training

Many of us have heard things like:

- “Ride through it”
- “Push them past it”
- “Don't let them get away with it”
- “Now show them you mean it”

Seen environments that **prevent the horse** from being with others, restricting **friends, forage and freedom**.

And exposing both parties to **toxic** practices that treat the human and horse as **master and servant, worker and boss** and even **predator and prey**.

[www.eqrcoach.com](http://www.eqrcoach.com) | [Book a call](#)



# The Dilemma

So we're left with a dilemma:

What if the relationship you and your horse truly need...

The relationship you and your horse truly deserve....

The relationship that supports you & your horse to feel healthy, happy, safe and nurtured?

is different from what you've been taught?



[www.eqrcoach.com](http://www.eqrcoach.com) | [Book a call](#)



## Part 4 *Coming home*

# A different way forwards

“I can come back to him and see just how far we have come in all the small ways that really matter too - we had our first lay down in the stable together, we met each other in conversation for the first time, I can advocate for him when I feel pressure from others”

**GN**

**Photography: Sophie Fuller Creative**

[www.eqrcoach.com](http://www.eqrcoach.com) | [Book a call](#)



# Bringing it back to today

So how can we use this new revolutionary context to shift how we understand and shape the relationship we share with our horses.

## We know we are both wired for:

- Connection
- Safety
- Community
- Being seen and heard
- Communication

## We know that healthy relationships are built on:

- A felt sense of safety
- Co regulation and feeling in sync
- Trust and companionship
- Communication and collaboration
- Healthy boundaries and conflict
- Choice and consent
- Play and exploration
- Care

At its core, a **healthy and safe relationship** is about **feeling at home in the presence of another, BECAUSE** of the presence of another.

Because when **safety is present**, the **nervous system can soften**, **defences** can drop, and **connection, learning, play and recovery** naturally open up.

### *Reflection exercise:*

*Think of when you have felt safest in a relationship. When do you feel most able to be yourself?*

*How did the world feel? What were your thoughts like? How did your body feel?*



# Coming home

## Creating Your Lifelong Relationship with Your Horse

As we come into closing, I invite you to **pause and reflect**: what if you and your horse could **step beyond outdated practices** and into the relationship you have both **evolved to be a part of?**

As an ERC, we can **work together** to support you to **find a way forward** that **doesn't ask you to abandon all that you've learned**, but instead **allows you to evolve it- integrating what relationship** was always meant to be within the **reality of the world** we live in today.

And build your **inner compass** that grows with you. **Evolving** as you learn, **recalibrates** as you explore, and provides a **direction** that continues to guide your **relationship for years to come**.

This compass supports a partnership that is **enduring, nurturing, and expansive** - friendship that **enriches everything** you do together.

*And may even ripple into other areas of life.*

[www.eqrcoach.com](http://www.eqrcoach.com) | [Book a call](#)



# Embracing what truly matters

## A Space of Safety and Authenticity

So, we know now that relationship is not about a **method, a prescription, or a quick fix**. Nor does it centre around **performance or results**.

It's about feeling **safe with one another**. Where you **hear and understand, care, nurture, grow, explore, communicate and have fun**. And **weave the unique tapestry of your bond** for years to come.

And where you can **set yourself free** from what isn't yours to carry, and **make space** for what is really you. And **support your horse to do the same**.

And being in relationship?  
That's always been you.  
That's always been your horse.

**Now it's time to remember.**

If you would like to find out more about how we can work together, or how I can support you & your horse on your unique path together,

Get in touch here:

[www.eqrcoach.com](http://www.eqrcoach.com)

[Book a call here](#)



Thank you for reading this ebook  
I hope it resonated with you.

*Keep trusting the process.  
& Stay wild*

*Cat x*

If you would like to find out more about how we can work together, or how I can support you & your horse on your unique path together,

Get in touch here:

[www.eqrcoach.com](http://www.eqrcoach.com)

[Book a call here](#)

# My Values



## Horse First

A deep respect for the horse's experience, timeline, choice, wellbeing capacity and thresholds.



## Grounded & in science and knowing

Grounded in theory & research that spans many fields: psychology, biology, physiology, sociology.

Paired with lived experience, intuition, lessons, and instinct.



## Congruence

What you see me teach and share, I believe in and practice in my own life / with my horses.



## Relationship over Results

Results will not be pushed for that purposefully compromise the care or bond between you. Sustainable, ethical and caring.