



# Equestrian Relationship Coach

## More about Personal Coaching Sessions



# Introduction

I coach passionate horse people to have healthy, secure 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.

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Photo Elizabeth M. Photography



## Something still isn't clicking

You're doing all the right things, but something still isn't clicking. It's like there's an invisible barrier between where you are and where you know you could be.

This is a safe, private and supportive session to get unstuck, grow inner confidence and make meaningful changes with your horse and within your life.

- Fed up of feeling stuck, not enough and doubting yourself?
- Perhaps your horse brings forwards the same blocks in your relationship?
- Maybe you want to understand yourself better, answer burning questions, feel more resourceful, regulated and true to you?
- Perhaps you are fed up of being told what to do, and want to discover your own answers, wisdom and way forward that's right for YOU?

Because if we want to support our horses to grow and feel safe within themselves - we owe the same to ourselves too!





# What can coaching support you with?

Each session meets you where you are at, and is personalised to what you would like support with. Any mentoring will be from a horse first place.

Coaching sessions are a place to get to know yourself more deeply. To recognise what isn't yours to carry, and celebrate who you are.

## **Logistical & Practical:**

Perhaps you might face a logistical or practical challenge?

Coaching can support you to problem solve and sound board to find & implement solutions that are right for you.

## **Emotional:**

Perhaps you might notice an emotional block or challenge keeps niggling.

Coaching can provide you with a space to be heard without judgement, and support you to understand yourself more deeply, and come away clearer, calmer, and more yourself again.

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# What coaching can support you with

## **Mental:**

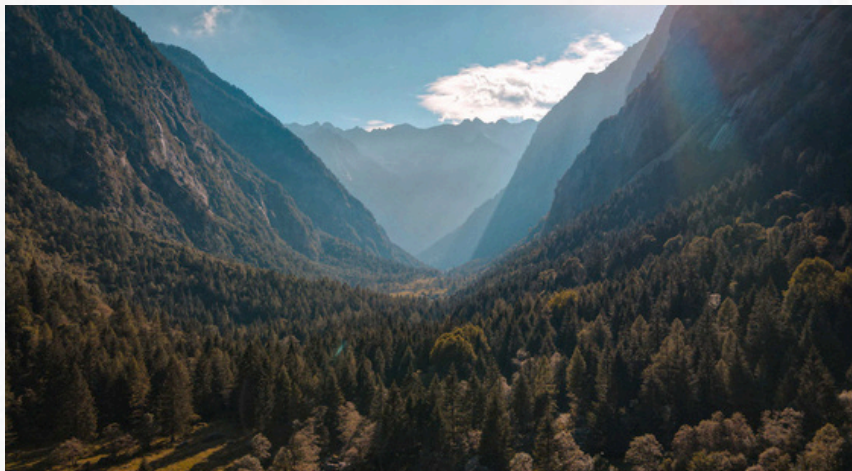
Perhaps you might notice a thought or belief that keeps blocking the way?

Coaching tools are there to support you to reframe, and reintegrate the unhelpful thoughts into ones that feel kinder, more empowering and open the way for meaningful change.

## **Regulation:**

Perhaps you feel your nervous system start to take over in unhelpful ways? Perhaps even with your horse?

Coaching sessions can support you to understand, befriend and regulate your nervous system more deeply. And become more flexible, responsive rather than reactive, and develop your own tools that support you.



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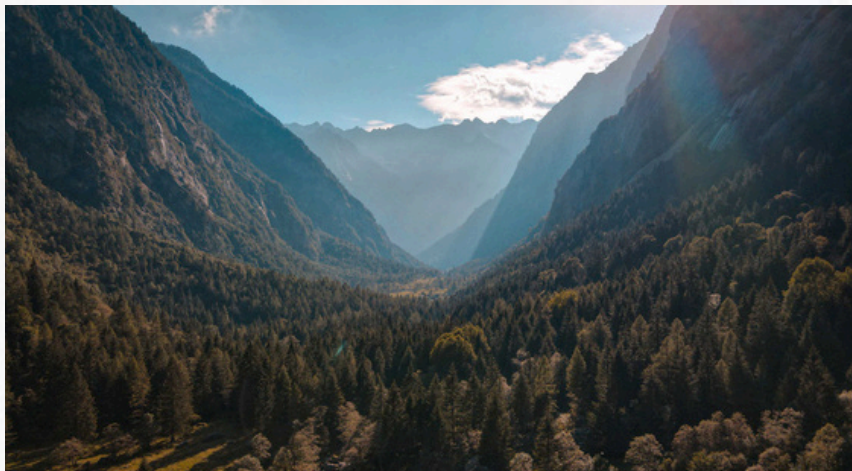
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# What to expect from a session



## Check in

A chit chat about how you are, perhaps check in to see what's changed since our last session, and how you are arriving to the session.

## What would you like to explore?

You may have a topic or question to bring, or we just see what comes through, and roll from there!

## Coaching conversation

This is unique to each session and person. We may explore different questions, tools, and support you to find the answers & solutions you are searching for.

## Homework, tools or goals to take away and practice.

This is a place to round up the session, and think about what can support you after the session. This may be exercises to practice, implement or prompts to explore.



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# What is coaching?

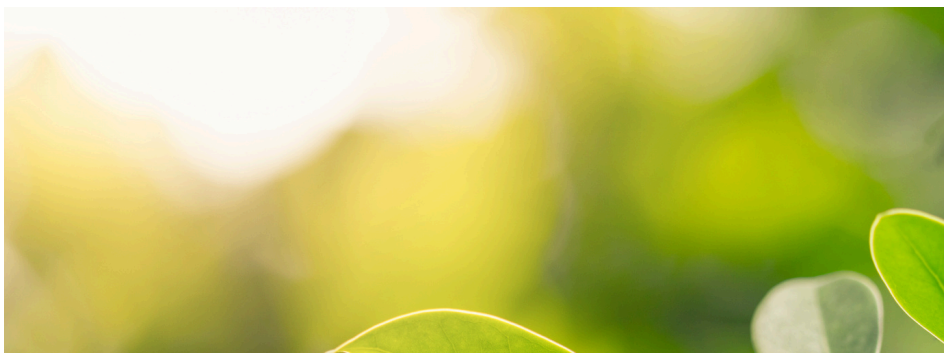
**“The mind that holds the problem, holds the answer”**

Coaching is widely recognised as one of the most **effective personal and professional development** interventions, and is a conversation between coach and coachee.

To me, coaching is a conversation of courage, compassion and curiosity between coach and client, in which the client has the space to explore their thoughts, feelings, perspectives, narratives and behaviours through a different lens. **To reflect, process, look forwards and create meaningful shifts in their inner & outer world.**

Coaching can help you **grow self understanding and awareness, improve relationships, facilitate learning and development, expand your nervous system regulation & resources** and emotional capacity.

And can provide a transformational opportunity to **press pause and check in** with where you are at, and ask yourself some important questions. What is aligned for you, how you want to move forwards, what you want to achieve and how you want to feel? It is a constructive and expansive space where you will have **support, space and tools** to make **meaningful change in your life and relationships** with yourself and others.





# What is coaching?

Coaching is about supporting you to find your own answers, wisdom and choices. It is about facilitating your process, and partnering with you to access and grow what is already within.

Imagine having a space where you are heard, can express yourself without judgement, and be supported to discover the next piece of your jigsaw puzzle.

We can even call on my herd, or your horse to bring forward their wisdom and contributions into the conversation.





Book A Coaching Session

Book A Free Discovery Call

What's on in 2026





# Equestrian Relationship Coach

## 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.

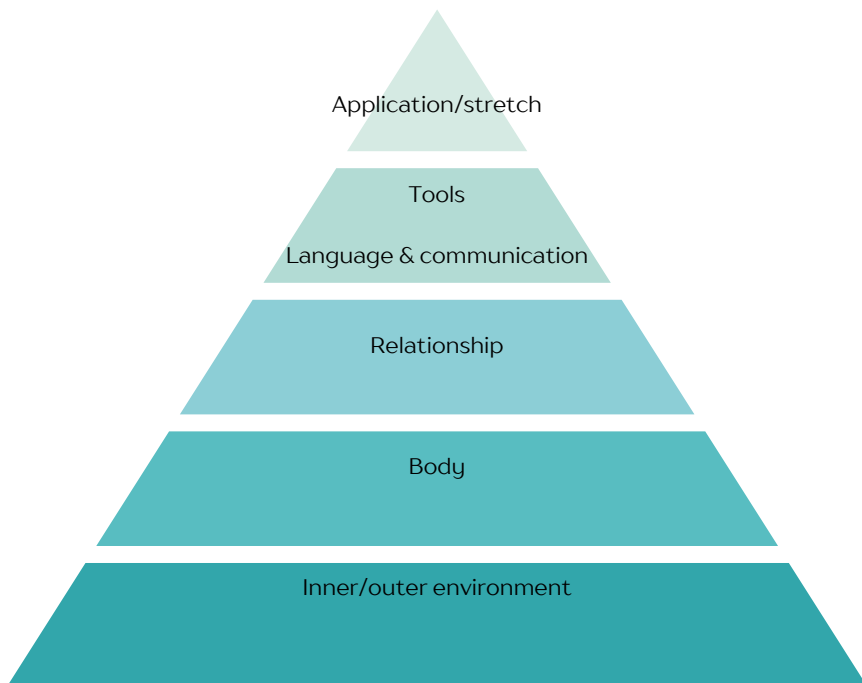
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# Developing layers of safety

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

This is the guidebook we will work from.



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# 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.