

WELCOME TO YOUR HORSEMANSHIP TRAINING SESSION

WHAT TO EXPECT, WHAT TO BRING AND COMMONLY ASKED QUESTIONS





HORSEMANSHIP TRAINING SESSION

These sessions help you build a secure & connected foundation with your horse, supporting your relationship and your horse's emotional, physical, and mental wellbeing.

You'll feel guided and empowered to develop practical skills & resources, understanding, and feel, so you can create an approach that truly aligns with you both and evolves over time. Together, you and your horse can enjoy training, communicate clearly, and respect each other's needs, thresholds, process and experiences.

This is not a one-size-fits-all method. It's about learning to listen to yourself and your horse, letting go of force based practices that no longer feel right, and creating a way of working and being together that feels calm, ethical, and where relationship is at the core.

Expect a space that is non-judgemental, kind, supportive, and low pressure coaching atmosphere that is genuinely enjoyable for you & your horse.

Without pressure to force results, but instead, we honour thresholds, respect choice, and empower both you and your horse to grow & develop an approach that is unique to you.



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Relationships are the most precious resource for us as mammals, and investing your resources into them is priceless. For you, your horse and both of you together.

We are not given relationships training, nor were those who came before us. Relationships are something that are as old as time, but getting back in touch with them can be a new adventure.

Relationships may feel like rocket science, and I hope this session is a support to you & your horse, so that it doesn't have to be.

This document is to support you prepare for your session, to answer key questions, and to share more about what we may explore together.

If you have any further questions, don't hesitate to get in touch.

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PREPARING FOR YOUR RELATIONSHIP SESSION

WHAT TO EXPECT, WHAT TO BRING AND COMMONLY ASKED QUESTIONS

<u><i>Key Session information</i></u>	
<i>Investment:</i>	£65
<i>Duration of Session:</i>	1 hour
<i>Mileage:</i>	65p beyond 15 miles outside my travel zone

Cancellations or reschedules can be made up to 48 hours prior to the scheduled session, via email, call, or WhatsApp message.

The policy also stands if I cannot get access to the property or horse for unforeseen circumstances.

Any cancellations or reschedules made after this period will be subject to half the session fee.

I belong to the International Coaching Federation (ICF), and works within their ethics and principles. You can find out more about these on the ICF website.

<https://coachingfederation.org>



PREPARING FOR YOUR RELATIONSHIP SESSION

WHAT TO EXPECT, WHAT TO BRING AND COMMONLY ASKED QUESTIONS

Where should the session take place?

A space where your horse feels **safe enough to relax, move around** and you feel safe and comfortable too. This may be in the field, the arena, or someplace else.

What to set up

If it's possible, bring a **hay net and a bucket of water**.

This is important to help your horse have **freedom, choice, and a space** to have a break if they need to. **I understand that not all yards are on board with this.** In which case, having a space where your horse can go where they can **rest from human engagement** is helpful.

If possible, ensure your horse has eaten a small feed or a chunk of hay before their session. This is to support them to have their needs met, and the capacity for higher thought processes, regulation and learning and are not hungry or thirsty.

What to bring:

- **A halter or head collar and a lead rope** (12ft or longer). If you don't have any of the above, let me know and I can bring one.
- **Treats** can be helpful to have on hand too.
- Anything else you may need

The best thing you can bring is your **honesty, open mind & heart**.



THE SESSION

What may the session look like?

Every session will look and feel slightly different. This is because they will meet you and your horse where you are at.

First session

For our first session together, we will begin by **getting a sense of you and your horse's relationship**, and gather a bigger picture to best support you & your horse. I may ask some **questions** to facilitate this (such as health and history). This will also include asking what you want to work on during the session.

I will then **observe you & your horse together for a few minutes**. This is a relaxed, and non judgmental, and to support me get a **feel for you and your horse as a partnership**, and note where I can best support you.

We will then **meet you and your horse where you are at**, and support you to move forwards together.

Note: It can be helpful to move through your **'bring in' routine** with your horse, so there is no need to rush to get ready.



THE SESSION

After the session

You may want to spend some time allowing the session to soak in.

This may look like giving your horse time out in the field, or undemanding time with them.

Depending on the session, you may notice behavioural, emotional or physical shifts in your horse. This is often part of their processing.

You may also require time to process and integrate. If you can give yourself time doing something that fills your cup - a walk in nature, a chat with a friend or a long bath. To help things settle in.

If you have any questions or concerns, do not hesitate to contact me:

cat@eqrcoach.com



NURTURING EVERY 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



Hi, I'm Cat

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.

www.eqrcoach.com

Cat x

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Photo Elizabeth M. Photography

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.