

If you want to develop your knowledge of the horse's psyche and increase your confidence both on the ground and in the saddle, then this series of workshops is just for you.

Focussing on both the human and equine minds, you will learn practical strategies to help you create a happy and effective partnership with your horse.

Re-discover your passion for riding!



Dates:

15-17 May 2012

12-14 June 2012

14-16 August 2012

Book the intensive 3-day workshops for an investment of just £375

www.InspirationalRidingSolutions.com



MEET THE TRAINERS:

Vicky Smith has taken her vast experience of working in the international field of organisation and people development, along with her coaching, NLP Master Practitioner, Trainer and Psychotherapy skills, to help riders eliminate their fears and start to enjoying riding again. Having been a nervous rider all her life, it wasn't until she undertook her NLP training, coupled with lessons with Frances, that she finally lived her equestrian dreams of taking her horse, Ted, x-country and galloping across fields. For over 6 years she has been helping riders live their dreams too.



Frances Wilson has a wealth of experience as both a rider and trainer of both horses and people. She has competed to Prix St George level dressage and previously evented to intermediate level, as well as having been National Quadrille Champion for three consecutive years. Frances is a registered

British Dressage Trainer and a BD Trainee Judge so gives excellent, correct and focused training. She offers a sympathetic, horse-centred approach to riding helping you to unlock your horse's full potential, and really enjoy your time together.



Together our trainers bring a powerful and unique approach to create The Confident Rider Series.



INSPIRATIONAL RIDING SOLUTIONS

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THE CONFIDENT RIDER SERIES



How to build a successful partnership with your horse.

BUILD A BETTER PARTNERSHIP WITH YOUR HORSE

Take home practical solutions that work!

Inspirational Riding Solutions has created a series of three powerful and practical workshops aimed at anyone who wants to improve their confidence, both on the ground and in the saddle. Using proven techniques and strategies for both you and your horse, you will gain in-depth knowledge of both horse and rider, enabling you to increase your confidence, develop a partnership with your horse and improve your riding.



Our stunning venue nestles in the tranquil Kent countryside of the North Downs area of outstanding natural beauty.

In addition to the practical outcomes for each day, you will also benefit from:

- Pre-workshop materials
- An relevant, practical Action Plan
- Practical check-lists for your own horse
- Creative workshop materials
- A useful reading list
- Hands-on work with horses (day 2)
- Lunch and refreshments on all days
- Optional post-workshop support
- Option to bring your own horse on day 3 (livery available at extra cost)

Gain the equivalent of more than 14 lessons and 14 NLP sessions, worth over £1400 for an investment of just £375!



DAY 1 - UNDERSTANDING YOUR HORSE

Understanding your fears and how they impact on your horse. Understanding your own energy levels and how your horse responds. Self control and emotional management and how this helps your horse. Personality styles for people. Viewing the world through the eyes of a horse. How you think your horse sees you and what he really thinks. Personality styles for horses and matching your style with a horses' style. Unlock the secrets to motivating your horse. Practical demonstration with audience participation.



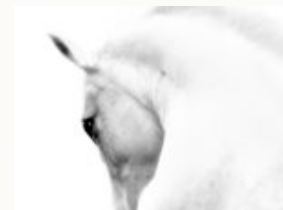
Discover what motivates your horse



Understand the different personality styles of horses

DAY 2 - ON THE GROUND

Leadership qualities required of you when working with your horse. How to focus and project intent, emotions and energy. Your body language and what it says to your horse and the human need to get tactile. How to control your anxiety, fear and adrenaline levels. Practical groundwork techniques every time you are with your horse. Using groundwork to build respect and trust. How to be assertive without being aggressive. Leadership and what it means to the horse. How to control the horses' anxiety, fear and adrenaline levels.



Understand how your horse perceives you



Learn how to communicate clearly with your horse

DAY 3 - IN THE SADDLE

How to get yourself into the best emotional condition to ride. How to create a confident you in the saddle, using proven NLP methods. Techniques to build rapport and connection with your horse. Creating a compelling future for you as a rider. Correct posture in the saddle. The effects of the aids applied on horses with different personality styles. Practical demonstration of the effects of poor seat, poor posture and the effects of the aids. Audience participation to correct the above and embed the learning. How to motivate horses with different personality styles and practical strategies to keep your own horse engaged.



Learn how to use your seat and the lightest of aids.



Increase your confidence and learn to love riding again.