

‘PERFECT CONFIDENCE’

WHAT GETS IN OUR WAY & HOW MIGHT WE CHANGE THAT?

A short course in horsemanship endorsed by Kelly Marks, founder and director of Intelligent Horsemanship Ltd. and author of ‘Perfect Confidence – Overcoming Fear, Gaining Confidence and Achieving Success with Horses’.

This two day workshop examines the challenges posed by a lack of confidence in our dealing with horses whether experienced on the ground or in the saddle.

Through a mixture of presentations, group discussion and exercises (with and without horses!) and individual coaching we will seek to better understand the nature of confidence (or lack of), the aspects most pertinent to our individual experience and the tools and techniques most suited to help us reach our goals.

Who is the course suited to?

Anyone who finds their contact with horses affected by aspects of their own confidence and is interested in finding ways of changing this.

Whether or not you currently own a horse, whether you ride or not, regardless of your level of experience ... if you are open to understanding this aspect of your experience more fully and challenging yourself to try doing things differently it could be for you.

NB We are currently only accepting adults on these courses, should you be interested in this area of work for those under the age of 18 please feel free to contact us to discuss individual coaching.

Who will be presenting the course?

Julia Fisher, Linda Ruffle & Dido Fisher are all Recommended Associates of Intelligent Horsemanship and have taught on the IH Foundation Course. Julia has also trained with Mary Wanless.

In addition to their horsemanship the three bring a wealth of experience and expertise in coaching and counselling.

Their general style of coaching is relaxed and informal, humour will be a key element of the two days and each brings a very personal angle to their own (ongoing!) journey of self-development.

What will we do?

Share thoughts, feelings and experiences with a view to making greater ‘sense’ of how we might change some of the patterns of thinking and acting that get in the way of our confidence.

Exercises with horses on the ground that help strengthen understanding of our partnership with the horse and challenge our capacity to exert influence with confidence.

Appraise the essential stability in our ridden position * and coaching in relation to specific ridden issues.

Challenge you to formulate a positive plan of action to continue the work you start on this course – to have realistic objectives and to know how you plan to achieve them!

**the consideration of confidence in the saddle is entirely optional, nobody will be required to ride. Initial assessment will be on a static ‘horse’, where appropriate a short ridden session on a ‘live’ horse (subject to suitable horse) may follow.*

What won’t we do?

Anything you really don’t feel ready and able to do. It is important to us that even within a group experience individuals work at the pace and on the issues that are right and relevant for them.

Magically transform your performance with horses to the highest level of attainment and supreme confidence!! This would not be a realistic objective for us in just two days – although do watch for your own moment of magic ... the insight or the information that will make the most difference for you.

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What can I expect to get out of it?

- **Greater understanding of the nature of your own confidence issues;**
- **A clearer ‘plan of action’ about the most effective way to grow the confidence that you seek in specific situations;**
- **The support of others with similar goals;**
- **Expert advice and guidance on tools and techniques;**
- **An enjoyable two days!**

What do I need to bring?

A willingness to explore key issues that have a bearing on your relationship with horses and an equal preparedness to hear and support others doing the same.

Hard hat, suitable footwear and sufficient warm clothing (we will be mainly under cover when outdoors but it may well be cold).

A smile!

Should I bring my own horse with me?

There are definitely pro’s and con’s to this. Sometimes the learning is enhanced by taking it away from a specific horse / human relationship, sometimes the breakthrough sought is specific to this relationship.

Remember that this workshop is very much about you giving time and attention to you. It is only two days and the further work that you will be planning for yourself (including future support with your progress) will very much involve your equine partner.

We recommend that you have further discussion with us to determine whether it is the most beneficial option for you.

Domestic ‘stuff’

The course will be held at Hartsop Farm. Directions and contact details for local lodgings can all be found on the IH website (www.intelligenthorsemanship.co.uk).

Light refreshments will be available throughout the day but lunch is not provided. We can order sandwiches through a local caterer each day or you may prefer to bring your own pack lunch.

The course will start at 10 am on Day 1 running to approximately 6 pm, on Day 2 we will start at 9 am with a view to concluding by 5 pm.

WE LOOK FORWARD TO WELCOMING YOU & SPENDING TIME WITH YOU