

Connected Leadership game-changing leadership shifts to becoming the type of leader your horse will love to follow

Note: A horse must feel you are a trusted leader in order to relax & feel safe.
Hint: this does NOT include "showin' her who's boss, or other horsemanship myths.

These are not rules but ways of "being" that you will incorporate into your nature

Confidence Develop enough trust in yourself that you can handle whatever life throws your way... confidence comes from understanding & practicing the fundamentals. Key: If you don't trust yourself-& what you are doing-the horse can not trust you either

Boundaries Both you & your horse must be able to say what is ok for you & not ok. *"A boundary is a personal property line that marks those things for which we are responsible. Physical boundaries help us determine who may touch us and under what circumstances -- Mental boundaries give us the freedom to have our own thoughts and opinions -- Emotional boundaries help us to deal with our own emotions..."* Dr Henry Cloud

Presence Be in the moment, showing up as your best self with a contagious energy of joy & happiness. Horses LOVE this.

Compassionate Among emotion researchers, compassion is defined as the feeling that arises when you are confronted with another's suffering and feel motivated to relieve that suffering, not just to feel their pain, but to help them.

Clarity Considering your horse is hard wired to mirror you... this is so important to have the ability to "see" in your mind what you are asking from your horse & yourself & where you are going. *"You get to make the rules...so what are they."*

Balance In body, energy & mind

Inspiring you are encouraging the horse's decisions...not forcing

Decisive Move with purpose & direction. Make a decision & as long as it is not putting yourself or your horse in danger stick to it. Stop questioning yourself. Trust yourself.

Intentional Your lessons/thoughts/movement all have purpose. From the outside some of our techniques look like ordinary horsemanship, it is the intention behind them that make them *extraordinary* horsemanship. Your horse does not always like change or learning new manners remember this quote from John Maxwell... "I am not here to make you happy, I am here to help you."
Manners, new skills, the ability to stay calm & boundaries help you horse to stay safe in this world.

Intuitive & Heart Centered follow your horse girl intuition & heart. As long as it is not something that can hurt the horse, start to trust your inner voice again even if it has been a long time. Believe what you hear.

Act as a Shepard, a Teacher & a Guide one who protects, guides, or watches over... an eyes & ears scanning all directions

Trusting Letting go & releasing the expectations of a specific outcome. Trusting, leaving space for the magic that the horse can bring

Self Control Having the self mastery to tame your emotions as they arise. Don't take things personally. Be like a strong but loving mother: Be strong in yourself. Don't let the horse see your doubt. Be proud of him for every try as you help them to learn manners to keep them safe.

Consistency Your guidelines/boundaries/rules stay the same. You stay the same in showing up as your best. AND you have consistency in your schedule to give the horse the chance to practice & learn

Fall madly in love with your horse Speak of them with positive expectation, not like the disapproving parent. Not putting words on them like "spooky" "hard-headed" etc.

Gratitude Everything our horse offers us is a gift.

No one can do this perfectly all the time, if you mess up... apologize & go on... like any relationship ...this is a life long journey!

The list goes on and on! what would you add to this list to make it complete?

Connection + Leadership = True Trust & Mutual Respect

Put on your C.A.P.E. **C**onnection. **A**wareness. **P**resence. **E**nergy.

So You Can Keep Yourself & Your Horse Safe

**EXTRAORDINARY
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