

Get
Back in the Saddle
5 Days to Confidence
ReBoot Camp

"Find yourself going from uncertainty to feeling confident with a plan to get safely back to riding & working with your horse (no matter your discipline or if you even ride at all!) in less than 5 days. even if you haven't ridden in months."

Spring 2024 Challenge Info

Let's make this event easy to find!

Go to HorseGirl.me > top menu > click "Calendar of Events & Logins" > find "Get Back In The Saddle Again ReBoot Camp"

Need help?

Message info@horsegirl.me or tag Jen Rohlen in the group
Please remember to tag me so I can find you, if I don't see it please message me

Where to find training?

All training links are available FREE daily in the challenge pop up group
"Get Back In The Saddle Again Challenge with HorseGirl.me" until midnight on 3.12.24!

You can easily access the Daily Lessons by looking for the links under the "Featured Tab"

(This is a temporary group will be archived on 3.13.23)

The training will then move back to the member's area.
All current members & purchasers of the all access pass
will have unlimited access. In the Riding.Academy

If you are not a member? And you want to keep going you can learn more here...
[ExtraordinaryHorsemanship.com](https://www.ExtraordinaryHorsemanship.com)

This is a free challenge if you have a friend this would help please invite them to
[BackInTheSaddleChallenge.com](https://www.BackInTheSaddleChallenge.com)

And with that out of the way!

I am so excited to be your coach this week!

Let's get started!



Go to next page for agenda ⇨

Spring Get Back In The Saddle Again ReBoot Camp Agenda

Saturday & Sunday: Doors open in the Challenge Group. Say Hello on the introduction post In the group!
Optional: Pre-Challenge Training -The Equestrian Pathfinder Process: The One Page Plan That Makes Everything Possible

Day 1 Monday: Becoming The Leader Your Horse Needs To Feel Safe

Connected Leadership starts with relationship It inspires the horse to want to be with us by creating a safe place for the horse

What you get:

Videos: Leadership Lessons + 7 Tips To Improve Your Horsemanship in 5 minutes.
Printable: "Connected Leadership" Handout + Printable: "Get Back On The Horse" Assessment Checklist

Homework: Grooming for Connection + Create Your Trigger for Relaxation

**Monday 3.4.24 Available to watch at your leisure look under "Featured "in the Challenge Facebook Group
Live Q&A 6 pm central in the Challenge Facebook Group**

Day 2: Tuesday: Build Mutual Trust & Self Control Through Connection/Relaxation Exercises

Too much leadership without connection = a horse that is obedient without relationship. Too much connection without leadership and the horse doesn't feel safe enough to relax. Today we will use exercises following "The Cannon Method" to find that balance.

What you get...

Videos: Relaxation & Connection Lessons + Groundwork Fundamentals

**Tuesday 3.5.24 Available to watch at your leisure look under "Featured "in the Challenge Facebook Group
Live Q&A 6 pm central in the Challenge Facebook Group**

Day 3 Wednesday: Teaching Your Horse To Be Confident

Create experiences that create trust and help you horse to spook-less. A new look at desensitization through play.

What you get...

Videos: Confidence Building Using Obstacles

**Wednesday 3.6.24 Available to watch at your leisure look under "Featured "in the Challenge Facebook Group
Live Q&A 6 pm central in the Challenge Facebook Group**

DAY 4 Thursday: Putting it all together- The Ultimate Pre-Ride Preparation

A pre-ride ritual/checklist plan to go through every time before you work with, or ride your horse, to insure safe, joyful rides.

What you get...

Video Lesson + Printable Barn Checklist: "Your P.R.E.P.: Pre-Ride Equestrian Preparation"... know that you have done all you can to be safely prepared to the best of your ability every time you work with your horse

**Thursday 3.7.24 Available to watch at your leisure look under "Featured "in the Challenge Facebook Group
Live Q&A 6 pm central in the Challenge Facebook Group**

DAY 5: Discover The Sensational 7 Fundamentals To Master On The Ground & Under Saddle

These 7 skills make up any maneuver you want to do with your horse, learn to optimize them to feel safe, confident & in control for amazing connected rides!

What you get...

Video Lessons + BONUS How To Canter With Confidence Lesson + Printable Master Your Fundamentals Checklist

**Friday 3.8.24 Available to watch at your leisure look under "Featured "in the Challenge Facebook Group
Live Q&A 6 pm central in the Challenge Facebook Group**

Bonus: Weekend Catch Up 3.9.24 & 3.10.24

Take time to review the training, take action & then get extra help & coaching in the group

All training is available FREE until midnight on 3.12.24!