

EQUESTRIAN RELATIONSHIP SESSION

WHAT TO EXPECT, WHAT TO BRING AND COMMONLY ASKED QUESTIONS

If you are here, you are ready to invest in your relationship with your horse and yourself. 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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Cat x

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>	<i>£70</i>
<i>Duration of Session:</i>	<i>1.5 hours</i>
<i>Mileage:</i>	<i>65p beyond 10 miles outside my travel zone</i>

Payment must be made within 24 hours of the session.

Payment can be cash or BACS.

Bank details:

Catherine Roy-Stanley

Balance & Align

19217997

04-00-04

CANCELLATION POLICY

AND ETHICS

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.

PREPARING FOR YOUR RELATIONSHIP SESSION

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Where to do the session?

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.

What to bring:

- *You, your horse, a halter or head collar and a longer 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 APPROACHES WE WILL EXPLORE

IN OUR SESSION TOGETHER

- **Nervous system informed (polyvagal):** Considering where you & your horse's nervous systems are at, what that means, and supporting you to move towards regulation and inner safety.
- **Attunement:** The foundation of our approach is going to be helping your horse feel seen, heard & understood, and how to do this.
- **Trauma conscious:** Sensitive to what has come before, what is held within, and what needs to be treated with care.
- **Personal development & growth:** Supporting your component of the relationship, by exploring thoughts, feelings, behaviours, beliefs and practices. To help you shift blocks getting in the way and discover what is authentic & aligned to you.
- **Gentle and reinforcement minimal:** We will try as much as possible to use non escalating communication, and instead use techniques that help to facilitate rather than force.
- **Uniting the body, mind, emotions and soul.**

PREPARING FOR YOUR RELATIONSHIP SESSION

WHAT APPROACH WILL WE EXPLORE?

What will the session look like?

Every session will *look and feel slightly different*.

Sessions are *on the ground*.

First session

For our first session together, it can be helpful to move through your ‘**bring in**’ routine with your horse.

There is no rush or pressure, **and move into the session space together**.

Start of the session

We will have a relaxed **chat**, to hear how **things are going and what you might like to explore together**.

You might **ask questions that have been on your mind, or share what’s been unfolding for you**.

Bring your horse in to the space

The session starts with **you & your horse checking in with each other**, having a mooch, a play, working on **what you normally do together without any watchful eyes**.

‘Bulk’ of the session

We will **flow with what comes through on that day**, being primarily **led by your horse** and what they need.

We will weave together some **approaches, resources and elements to find what works best for you both**.

End of the session

We may finish with a tool such as **tapping or a nervous system check in** to see where you and your horse are at, and reflect on what you **discovered, what you would like to takeaway and how you might want to implement it going forwards**. Your horse may also end the session when they would like.

SOME BENEFITS OF A RELATIONSHIP SESSION

THE ONES THAT I CAN FIT ON A PAGE!

YOU

- *Reassurance* that you aren't alone
- *Permission* to be more authentically yourself, to trust yourself, your gut and your heart.
- *Renewed* inspiration for being with your horse and growing your partnership together
- *Feel more regulated* and have helpful tools to practice and takeaway
- More *confident & self assured*

YOUR HORSE

- More able to *share* how they are feeling
- *Feel safer* in their relationship with you
- Become more connected with their *body, mind and emotions*
- Feel more *seen, heard & understood*
- Has permission to be *themselves, to open up and let go*
- *More regulated & greater capacity for connection*

YOUR RELATIONSHIP

- *Understand & 'get'* each other and yourselves more deeply.
- *Communicate* in a more compassionate and balanced way
- *Recognise, understand* what your horse is feeling, and what they may need from you
- *Gentle and relationship* focused tools and techniques to practice
- *Recognise & overcome* blocks in your relationship
- *Gain clarity* on your next steps, and what is aligned for you both
- *Help you & your horse make meaningful and sustainable* steps towards creating a safe and connected relationship

MOVING FORWARDS FROM HERE

OTHER OFFERINGS THAT CAN CONTINUE TO SUPPORT YOUR GROWTH AND DEVELOPMENT WITH YOURSELF & YOUR HORSE

121 Sessions:

- **Coaching Call:**

To support you, facilitate your growth with what you would like to shift and move forwards with.

- **Emotional Release Session:**

A session to support your horse to let go, facilitate them feeling safe, and shifting emotional blocks that they are ready to shift

Coaching Programmes:

- **121 Coaching Programmes** weave together different sessions to give you all around support to improve the relationship with yourself and your horse.

- **Rebalance the Core of your Relationship:**

This group programme weaves community, education, growth together to provide a safe, expansive space for you & your horse.

Events:

- **Alive & Attuned: Equestrian Relationship Weekend:**

With a day for you, a day for you & your horse, grow regulation, safety and community. To let go of the pressures of the outside world and get back to what's really important. Your relationship.

- **Restore & Renew: Self development & Spa day:**

Step away from the hum of life to the outdoor spa surrounded by trees & bird song. Begin the day with a personal development workshop, and enjoy integrating in the afternoon in the natural dip lake, hot tubs, saunas and plunge pool.

Resources

- **Online worksheets, Online workshops, EFT Tapping recordings** (get in touch with me for more details).

MORE ABOUT ME

OTHER OFFERINGS THAT CAN CONTINUE TO SUPPORT YOUR GROWTH AND DEVELOPMENT WITH YOURSELF & YOUR HORSE

My name is Cat, I am an Equestrian Relationships & Personal Coach, facilitating fellow heart led equestrians and their horses to transform their relationship with themselves and each other, through safety, attunement and authenticity.

I use a holistic approach to help human & horse see, hear and understand each other as equally relational beings, support them to create the safety they need to heal and grow and follow their own path, what feels aligned for them and embrace the un beaten track of their own process. My clients often say this work isn't just about fixing a problem, it's about embracing and opening a new approach that will ripple through other areas of life and relationships.

You will find me walking the Welsh countryside with my cobs Indi & Jack.



My qualifications: Certified Barefoot Personal & Professional Coach, Psychology BSc, Equine Massage Therapist.

Board: I am registered with the International Coaching Federation (ICF) and work within their principles and Ethics.