

BALANCE & ALIGN OFFERINGS



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ABOUT CAT



Cat knows first hand that every equestrian and horse deserves the connected and safe relationship they dream of, where they feel seen, heard & understood and free. It is her mission to facilitate this, and create transformational spaces for equestrians & their horses to deepen their understanding of themselves, process and release what is getting in the way and step into a new way of being together. Cat is unique as she works with the whole picture, rebalancing each component of the equestrian relationship to create an empowered and equal partnership.


Throughout her journey, Cat kept coming back to the power of relationships. Because they provide the foundation for everything. She has a degree in psychology, lived in Africa working with sports teams & 'problem' horses, climbed Kilimanjaro, and worked with countless humans and horses along the way.

Cat is passionate about personal growth, and helping humans and horses follow own their path, go with what feels right for them, and not feel criticised for owning their uniqueness. There is such magic in trusting your own process, and Cat reflects this in her approach.

Cat is a coach and facilitator who blends together coaching, connection based horsemanship, trauma release, attunement, human & horse psychology, all through the lens of relationship.

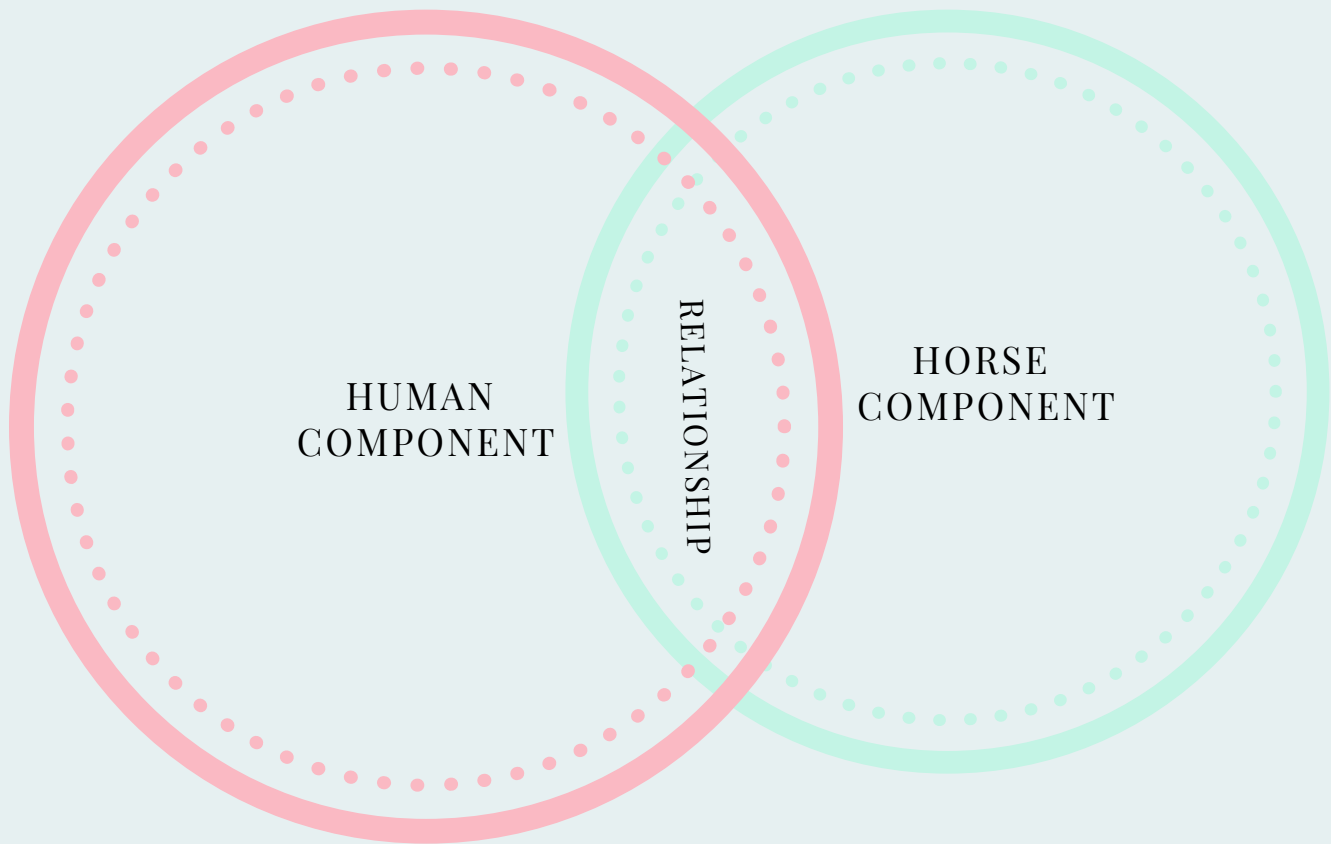
It all starts with YOU! Are you ready?

EQUESTRIAN RELATIONSHIPS COACH

A woman with long blonde hair, wearing a teal zip-up jacket, is sitting on a wooden bench in a stable. She is holding a notebook and a pen, appearing to be writing. A brown horse is leaning its head towards her, nuzzling her cheek. The background is a dark, textured stone wall. The text is overlaid in a white, cursive font. There are two vertical white lines, one above and one below the text.

*Your horse opens a window
to your soul,
you can decide to look inside,
or close the blinds*

BALANCE & ALIGN APPROACH



In every equestrian relationship there are 3 key components. You, your horse, and your relationship together. When you change how you show up and what you bring to your equestrian relationship, the whole relationship (and your horse) will change.

Once you have begun this journey, your horse also may need help to release what they are carrying too.

LEVELS OF TRANSFORMATION

THEORY & CONCEPT
EXPLORATION SESSIONS

RELEASE SESSION

RELATIONSHIP RESTORE

CAMPS, CLINICS &
RETREATS

PROGRAMMES & RR
MASTERY

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LAYER 1: THEORY & CONCEPTS



In Person Workshops

At your yard, or organised at a venue by Cat

These incredible workshops are the place to be! All you need to bring is yourself, an open mind and a notebook & pen. Full of fun, energy, aha moments, these events are all about getting together as a group and deepening your understanding on key topics.



Online Workshops

Join the room wherever you are in the world

Designed to meet you wherever you are and whatever you are doing, jump into incredible topics of learning and discussion, and find the next pieces of the jigsaw puzzle you have been looking for with yourself, your horse and your relationship together.

There are also full length recorded workshops available to watch at anytime for £20



E books & worksheets

Sent to you via email

Cat has an array of fantastic online resources to support you wherever you are on your journey in your equestrian relationship. There is a range of topics from reflection, self growth and important theory, that you can come back to time and time again.

LAYER 2: RELEASE SESSION



Release £75

Your horse (1.5-2 hours plus a Release Report write up)

This is a powerful restorative session for your horse that helps them let go, and release what no longer serves them. Both you & your horse bring different burdens and blocks that need to be shifted.

The Release session is a healing session for your horse, that creates a non judgmental space, and facilitates trauma release, tension release and inner & outer healing.

The basis of this session is attunement, to help them to feel seen, heard & understood. This allows the nervous system to relax, and allow inner knots to unwind within. Cat may also incorporate elements of equine touch & massage to help your horse let go of tension/trauma in certain body areas.

This session is like a therapy session for your horse, and a chance for them to let go of what they have been carrying, and feel more balanced, connected and present in body, mind & soul



LAYER 3: RELATIONSHIP RESTORE

Relationship Restore

£190

You, your horse, your relationship

This mini programme is a great place to start getting into the deeper work. It is designed to start rebalancing every component of your equestrian relationship with one of each session (you, your horse, your relationship together)



- 1) 1:1 session with you (1 hour)
- 2) 1:1 Release session with your horse (1.5-2 hours)
- 3) 1:1 Session with your relationship together

Relationship Restore is designed to support and grow your unique equestrian relationship.

And to help you & your horse feel seen, heard and understood. And help you identify, understand and begin to move through the blocks that are holding you back from the connected relationship you deserve.

LAYER 4: CAMPS, CLINICS & RETREATS



Rebalance your Equestrian Relationship Weekend

A weekend with Cat, your horse and likeminded individuals


Saturday is 'human day', where we will focus on the human side of the relationship. Sunday is 'horse day', where we put everything into practice and focus on helping your horse relax, release & reconnect too. This day will be about meeting your horse where they are at, and giving them what they need to feel safe, seen & heard.



Equisential Retreat with Tracey Duncan

1 week in Devon with your horse

Are you ready for adventure, and getting back to what really matters. Your connection to yourself & your horse. Held at a beautiful family run Bnb, ride across the beach, across exmoor, around a 400 acre estate, with meditations, connection work, coaching sessions in a truly magical space. Be held in a special space, and group of likeminded individuals to remember what you & your horse are capable of.

A silhouette of a woman and a horse is shown against a warm, orange-hued sunset sky. The woman is on the left, and the horse is on the right, both facing each other. The text is overlaid in the center in a white, cursive font. Two vertical white lines are positioned above and below the text.

If you want to transform the relationship with your horse, you must first begin by transforming the relationship with yourself



*Level 5:
Relationship Rebalance
Programme
&
My Horse is my Mirror*

1 day live coaching event in Brighton

1:1 RELATIONSHIP REBALANCE PROGRAMME

Cat knows how hard it is to own your path with your horse, especially when you don't always fit in or feel supported by those around you. So she created a programme to give you & your horse that 1:1 guidance from the inside out over 2-3 months. To immerse you in longer term coaching and guidance, so you feel completely supported when developing your relationship and giving you the time and courage to explore what you want to explore. It also aims to rebalance each relationship component, with sessions focusing on you, your horse, and your connection together.

This programme is a coming together of all aspects of Cat's specialities, from human coaching, attunement based horsemanship to equine trauma release. There are also online workbooks for each session, to help you integrate and give you lots of additional value.

Spaces for these programmes are extremely limited, because they are truly transformational. So if you feel like this is for you, do reach out to Cat.



Katie G: I've heard Warwick say you've got to work on the human first and he's right but I didn't know how. But from these workshops and your relationship programme I now know what the human stuff is and it really works! And I've had a breakthrough moment after every 1:1 we've had. Its totally a journey but I feel I'm moving forwards where I was stuck for a long time. Thank you so much.





MASTERY

In 2018 Cat attended a Relationships Coaching weekend that changed her world forever. It is where this all started, why she is who she is, and what she does what she does. She walked out a different person, and all of a sudden connected with herself and horses in a way that was never possible before.

This event is inspired by these very weekends, and she now creates that transformational space for those who deserve it the most - EQUESTRIANS! Who not only have themselves to look after, but a whole other being too. Who have to face and go through more than 99% of the 'normal' population. Two hearts, two nervous systems, and two beings worthy of an incredible relationship.



Venue: Mercure Hotel, Brighton

9:30-6pm

£200



This could be the day that your life changes

The question is... are you ready?



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Are you done with ...

- Letting fear rule your life?
- Feeling drained and disheartened?
- Past experiences getting in the way?
- Not feeling enough?
- Feeling at mercy of emotions and situations?
- Anxiety, stress and overwhelm taking over?
- Feeling disconnected and not knowing why?
- Facing the same blocks?
- Taking everything personally?

In your equestrian relationship and in your life?

Are you ready to...

- Move theory and concepts into BEINGNESS
- Develop the tools you need to regulate your own nervous system?
- Find freedom within your relationships?
- Release the blocks holding you back?
- Feel seen, heard & understood with a group of likeminded equestrians?
- Start building inner resilience?
- Drop the narratives that are draining you?
- See yourself so you can finally see your horse?

You are the key component in every relationship, so when you shift, every single relationship in your life shifts too. When you discover who you truly are, you allow your horse the freedom to do the same. When you start to let go of what weighs you down, your horse no longer has to carry that for you.

This space facilitates this.

Live coaching with Cat, group exercises, discussions and deep dives that will unlock a life changing opportunity for growth.



TRAVEL

Base: West Sussex &
Daventry

I am based in Sussex, however occasionally travel to Daventry for sessions.

I have a 10 mile radius in which I do not charge for travel. After that it is 65p per mile

Travelling to me:

If you would like to travel to me, there is the option of:

Hiring the fantastic arena at Catesby Equestrian, Daventry

Or using the beautiful indoor school at Naturally Light Equitation, Preston Capes, Daventry

These are both fantastic venues, that can accommodate all kinds of sessions. Human to human coaching sessions can also be held at the Cosy Cabin at Catesby, which offers a warm, safe and private space.





NEXT STEPS



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If any of these feel like the right next step for you & your horse, do get in touch with Cat!

It is her mission to support equestrians like you to create the relationship with their horse that you dream of.

Where you both feel seen, heard & safe within each moment.