

JANUARY-APRIL 2025

REBALANCE YOUR RELATIONSHIP FOUNDATIONS



ONLINE PROGRAMME
WITH 1:1 ELEMENTS

RELATIONSHIPS AREN'T EASY,
BUT THEY DON'T HAVE TO FEEL LIKE
ROCKET SCIENCE.

IT REALLY IS POSSIBLE FOR YOU & YOUR HORSE TO
BECOME EACH OTHERS SAFE SPACE TO LAND.



A close-up photograph of a woman with blonde hair, wearing a blue sweater, gently touching the face of a dark-colored horse. The woman's hand is resting on the horse's cheek, and she is looking down at it with a soft expression. The horse's head is in the foreground, and its mane is visible. The background is blurred, suggesting an outdoor setting.

INTRODUCTION



WELCOME

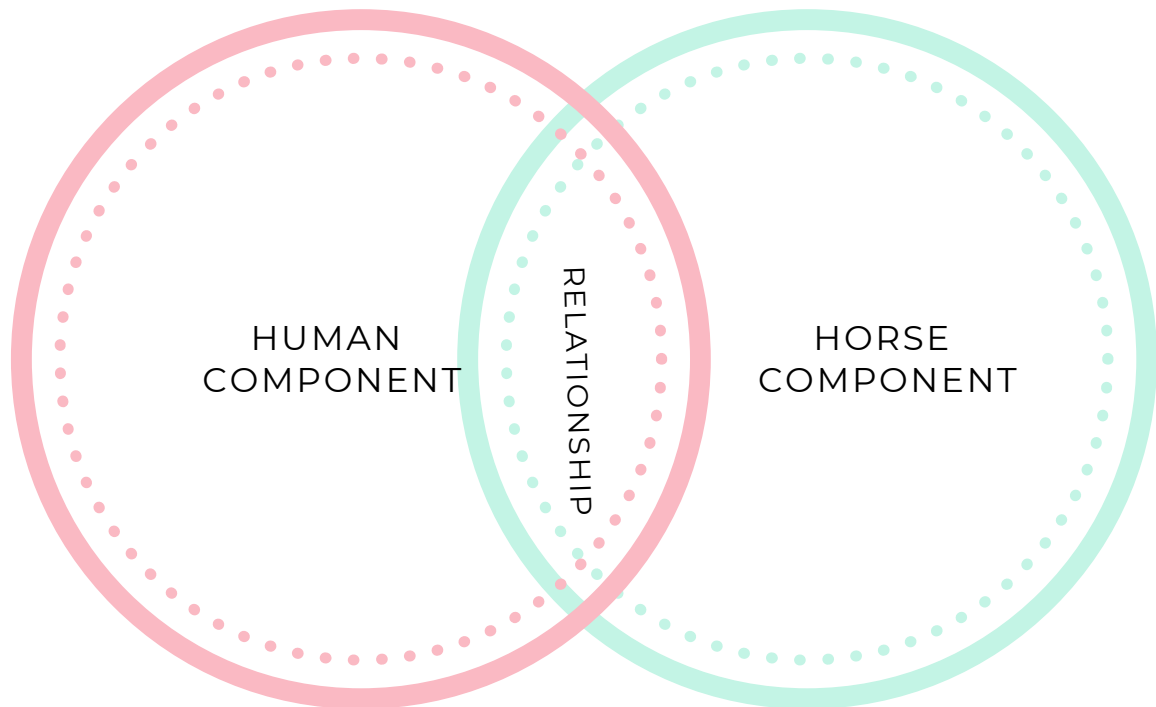
Hey wonderful human,

I am here to welcome you and your horse to this one of a kind programme, where you will be immersed in learning and growing alongside likeminded people, and have the support, resources to start [Rebalancing Your Relationship Foundations](#).

This programme is designed for you to finally start feeling like things make sense, so that you can start to [enjoy your partnership with your horse, let go of the outside world and listen to yourself and your horse](#).

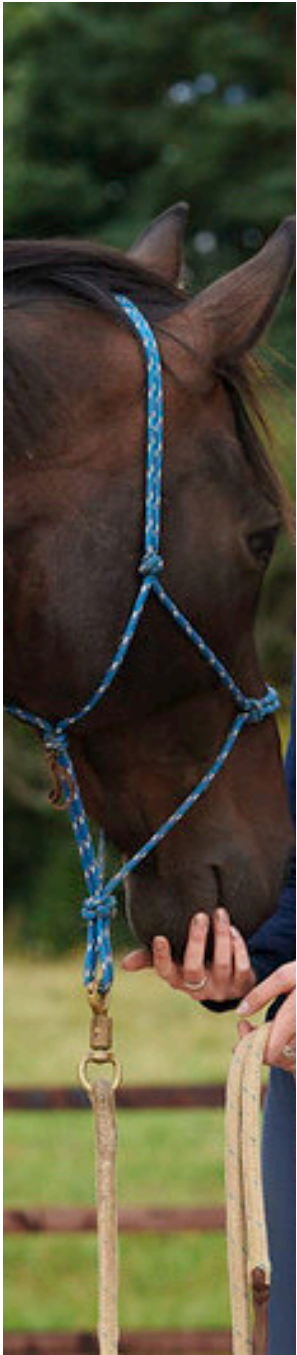
This is the welcome ebook with all of the key details inside. But if you have any additional questions or if I have missed anything out, [do not hesitate to contact me](#).

BALANCE & ALIGN APPROACH



- In every equestrian relationship there are 3 key components
 - You
 - Your horse
 - Your relationship together.
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- Your relationship is a dance between these components. When you change how you show up and what you bring to your equestrian relationship, the whole relationship (and your horse) will change as a result. Equally, your horse needs help to release what they are carrying too, to grow their connection, calmness and presence in the relationship. And how you flow together, understand one another and create safety and harmony between your components is deeply important too.

Who is this programme for?



You

- Gut or intuition saying there is more to discover?
- Feeling disconnected with your horse and not knowing why?
- Facing the same blocks with your horse and life?
- Unable to 'leave your worries at the barn door'?
- Lacking likeminded people to share your journey with and feel inspired by?
- Wanting to connect with your horse on a deeper level?

Your horse

- Ready to release blocks from the past keeping them stuck?
- Ready to grow trust in their human and themselves?
- Needing support to regulate?
- Finding it difficult to be present?
- Stuck in patterns and cycles?
- Feels spaced out or reactive?

Your relationship

- Spend too much time worrying about whether you are doing it right?
- Fed up of feeling like you don't always understand each other or see eye to eye?
- Want you & your horse to connect authentically without force?
- Committed to making meaningful steps towards building a balanced, trusting, safe relationship, through expanding your knowledge, circle and perspective?
- Want to start enjoying each others company and becoming a safe place for you both to land?
- Want to demystify conversations together and finding what's aligned for you?
- Want to start owning your path and being authentically yourselves?

I GET IT!

I know how it feels to be **lost and frustrated** in your relationship with your horse. The resources and lessons you have learned only got you so far, and now your priorities have changed. You are **feeling the pinch of the gap** between where you would like to be in your relationship and where you are.

Being an equestrian is hard! You are encouraged to have a good relationship with your horse, but at the same time battle with old narratives, beliefs and practices that get in the way of this. These feels **heavy and loaded**, and no longer fits but what is the alternative?

If you are reading this, you are ready for an alternative where your **horse to feel safe with you**. Where they genuinely enjoy being in your company, and where your trust starts to expand because they feel **seen and heard**.

And where you start to feel **safer and grounded within yourself**, have confidence in what you are doing and why, and **make aligned shifts in your life**. Especially if it doesn't fit in with others around you. So you can show up for your horse, for them to **experience who you are underneath it all**.

This journey is about **pressing reset and refresh on your relationship**. And coming together with a **group of likeminded individuals** who want to do the same.

Rebalance the Foundation of your Relationship is an introductory programme, which will cover important basics to support you to **understand and rebalance your relationship foundations with your horse with trust, regulation and release**.

As well as insightful online workshops and resources, you will receive 1:1 support to help you and your horse flourish, and have **space and time to explore your unique relationship and challenges**.

There will be an opportunity to expand on this programme on it's completion.



PROGRAMME DETAILS

What you can hope to get from this programme

Understanding:

- An understanding of the importance of relationship, **why** it is so important and **how** you can nourish the partnership with your horse
- Learn key aspects of the **nervous system & growing regulation**
- How to **read and understand** what your horse is feeling and what they need at different times

Relationship:

- Recognise and **release outdated narratives** that are limiting your relationship growth with your horse
- Begin interacting with your horse from a place of **kindness, congruence and inner softness**
- Feel **empowered and knowledgeable** to choose what is aligned for you and your horse rather than going with the crowd
- Uncover the elements of the **nervous system, attunement** and build up a deeper conversation with your horse and grow a **space of co regulation**
- **Understand your horse**, how they are feeling and what they need.

Self development:

- Develop **regulation resources** to implement in many areas of life.
- Grow your **confidence & trust** within yourself as you get to know yourself better.
- Deepen your **self awareness and understanding**

Community

- Facebook group to share your thoughts, **moments and connect**
- Connect with **likeminded individuals**
- A judgement free, curious, open and supportive zone
- Be yourself!

WHAT WILL IT TEACH YOU?

The foundations of a balanced and attuned relationship with your horse. This is grouped into [4 modules over 4 months](#), to make it easier to process & implement.

Each module encapsulates **approaches, insights and resources** that will support you to nourish your roots and develop a framework that you can take away and develop with your horse, yourself and life.

HOW WILL IT TEACH YOU?

The course will be taught through a combination of online resources, group workshops and 121 support. These compliment each other well, and offer you and your horse independent, group, and 121 learning and support to help you with different areas and shifts.

[Online Resources](#)

Monthly workshops (2nd and 4th Wednesday of the month)

Monthly resources: workbook & EFT Tapping

1Facebook Group

[121 Support:](#)

Each 121 session will be a space for you & your horse to be supported in your own journeys of learning & self discovery. These sessions are often a time to start putting learning into place, and bringing it to life.

There are different types of 121 support to nourish different components of your relationship, including sessions with you, your horse, and you both together.

121 SUPPORT CONSISTS OF:

[Online coaching calls \(1 hour\)](#) [Google Meet](#)

Explore what blocks or challenges you would like to shift and move forwards with.

Have support to find your own answers, and define, create and start living a life that feels aligned.

[Equestrian Relationship Sessions \(1.5-2 hours\)](#) [With you & your horse \(or online\)](#)

Move beyond training, and experience your horse for who they really are and listen to what they need. Have support to understand each other more deeply, that organically grows connection and co regulation with one another.

[Equine Emotional Release Sessions \(2 hours\)](#) [With your horse](#)

Helping your horse process the emotions, stuck experiences and blocks they are ready to.

This session is grounded in attunement and co regulation to create a safe and supportive space for your horse. To help their nervous system feel safe, regulated and reconnect with to their voice, body and soul.

HOW IS THIS COURSE DELIVERED?

The core of the course will be delivered through **online workshops via Google Meet** (replay available). The links to each workshop will be emailed to you before the workshops.

In these workshops we will cover the programme content and you will get a chance to catch up with your group and ask questions.

Monthly resources will be sent to your email on the 1st of the month, these include a professional workbook and EFT Tapping recording to compliment the module we are exploring.

- **EFT Tapping is a mindfulness & regulation tool** to help you process & re centre your mindset & nervous system. This can also be deeply powerful when practiced around your horse.
- **Workshop elements** of the course will be delivered online via Google Meet.
- **In person sessions** will be delivered at your yard or at mutually agreed space.
- **Coaching calls** will be delivered either online with Google Meet, or in person (location dependent). They can also be delivered via phone call (depending on your preference)
- **Workshop replays** will be uploaded to the Facebook group, Youtube, and a private Programme space on my website.
- **Group community page** will be on Facebook, as this platform is the most user friendly when it comes to sharing photos and videos, and sharing text.

HOW MUCH TIME DOES THIS COURSE REQUIRE?

Rebalance Your Relationship Foundations require a time commitment of 3 hours per month for the content workshops.

The sessions are an additional time commitment, but these can be booked to compliment your schedule.

Extra resources are optional to complete, but are highly recommended to compliment and integrate your learning & growth. Each online worksheet will take around 30 mins to complete (but this can vary widely from individual to individual, and topic to topic.)

You will also need some time to implement what you have learned. This is unique to every individual, and is guided by you and your horse!

WHO IS RIGHT FOR THIS COURSE?

This course is perfect for [those who would like to learn more about their relationship with themselves and their horses, at any level](#). From people who are beginning their journey with their horse, to those who have been with horses for years.

This course requires a certain level of [self reflection, open mindedness, resourcefulness and willingness to learn new things](#).

There may be occasions that your [current viewpoints or knowledge may be challenged, and bring forwards potentially difficult questions](#). This is why this course is suited to people who are ready to press pause on what they have always done and what they have learned, to make space for new knowledge and ways of being with their horse and in their life.

This course is most suited to those who aren't overly results and time oriented, and are open to [slowing down and listening to their horse's needs](#) and timeline before setting goals (and their own!)

And finally, this course is most suited to people who feel able to navigate a group environment, and are [open to meeting and connecting with likeminded people](#).



MODULES

MODULES

Each module will follow this structure.

- Week 1: Introduction (Online resources sent to you)
- Week 2: Workshop 1 (Including catch up)
- Week 3: Break
- Week 4: Workshop 2 (Including catch up)

Module 1: Unlocking the Secrets of Relationship

Why is relationship the most pivotal piece of the puzzle?

- Introduction to Relationship (role of relationship, relationship with yourself, your horse, the world)
- Theory (evolution of mammals, attachment)
- Why is relationship pivotal to mind, body, soul & nervous system?
- Shifting your Relationship Blueprint towards safe and secure.

Module 2: Unlocking the Mysteries of The Nervous System

Why unlocking the nervous system is the key to a regulated relationship.

- Introduction to the nervous system, including the different states and their purpose
 - Key influential theories (Polyvagal theory) to understand yourself and your horse in a more empowered and empathic way.
 - How to read and understand yourself and your horse's NS and what you need to come back to a state that facilitates safety and connection.
 - Understand trauma in a gentle way, how it influences us and our horses, and how we can approach this with care and consciousness.
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Module 3: Unlocking the power of Self Regulation

What is the power of self regulation in becoming a safe space for yourself & your horse?

- Introduction to self regulation, what does it mean, why is it relevant?
- Introduction to the Wheel of self regulation & building layers of safety
- Exploring Regulation & Dysregulation and what this means & looks like to you and your horse
- How to grow inner resilience & resources to come back to you and feel yourself more often.
- How to build a self regulation practice and applying these in your relationship with yourself & your horse.

Module 4: Unlocking the Magic of Attunement & Co regulation

Why is has the capacity to change your reality, and bridge the gap to forming trusting and regulated relationships.

- What is the magic of attunement? Where does it come from? Why is it important?
- What is the unparalleled gentle power of co-regulation in becoming a soft space to land for your horse?
- Exploring connection through a relationship lens, where it is nurtured rather than forced.
- What it means on a mental, physical, emotional and relational level for you & your horse to be seen, heard & understood?
- How to apply this in your relationship with yourself & your horse to create safe foundations.
- The theory of processing, trauma release & regulation.
- Going forwards in your relationship from a new place.

A young woman with blonde hair, wearing a blue sweater, is shown in profile, gently touching the nose of a dark horse. The horse has a dark coat and a light-colored braided mane. The background is a soft, out-of-focus outdoor setting. The word "PATHWAYS" is centered in a large, bold, black sans-serif font, flanked by two horizontal lines.

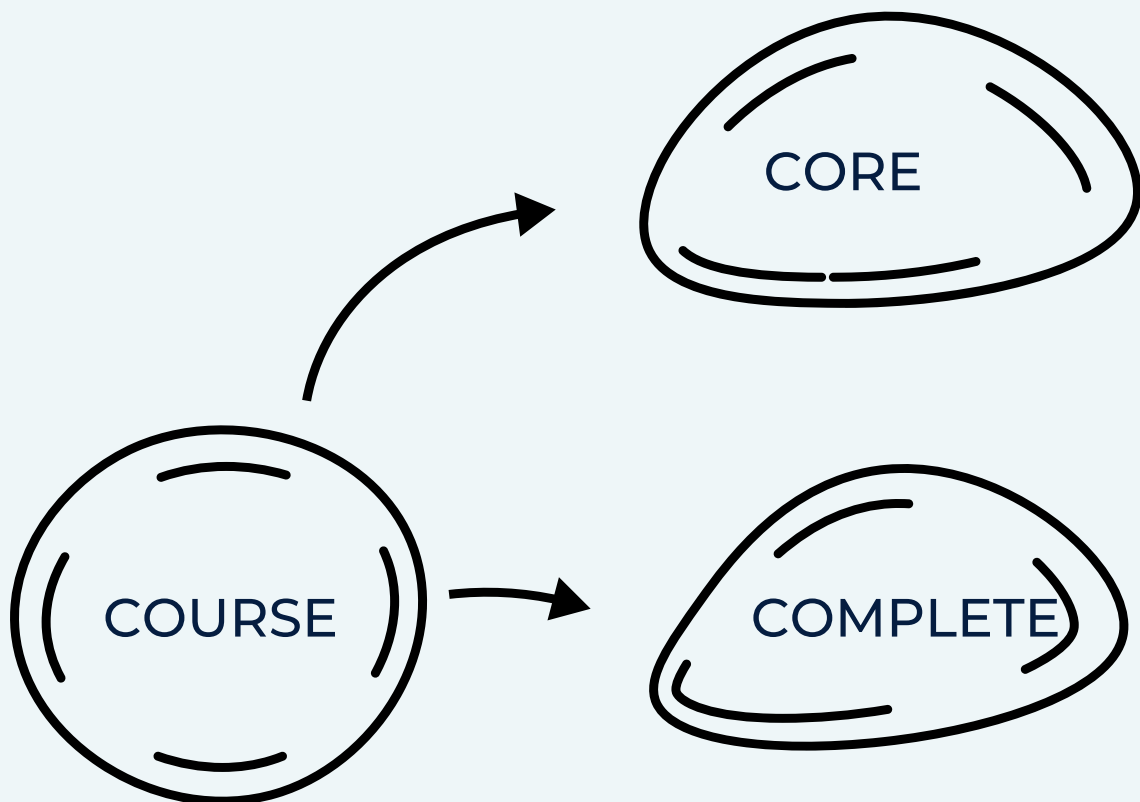
PATHWAYS

WHICH PATH IS FOR YOU?

There are two paths to the course.

Core Path: The core path is primarily online and suited to those who are further afield, or who want to sink in gently.

Complete Path: The complete path is a combination of online and in person. This is most suited to those who are ready to jump in and would like more in person support in doing so. (Preferably in a location local to my visiting zones).



CORE PATH (ONLINE)

£300

WELCOME

Welcome 121 Coaching Call with Cat (1 hour)

Pre programme worksheet

Join Online Facebook Community of likeminded equestrians

EACH MONTH, RECEIVE

2 x 1.5 hour Online Workshop *Including catch up & Q&A (replays available)*

Professional Online Worksheet *Sent to your inbox, to complete in your own time*

EFT tapping recording *To balance & ground you*

SESSIONS

2 x 121 Personal Coaching Call with Cat (1 hour) *To support you with your growth
Via Google Meet or on the phone*

1 x Relationship Reflection Session with You & Your Horse (1 hour) *To support you with your horse
Via Google Meet*

BONUSES

Meet up with your group (In person)

Group New Year workshop: *In person in Northampton or Sussex or*

Reflect & Reset (Worth £40) *online*

COMPLETE PATH (CORE & IN PERSON)

£550

This path offers a combination of online and in person sessions, to support you and your unique relationship with your horse to shift and grow.

WELCOME

121 Coaching Call with Cat (1 hour)

121 Relationships Coaching Session with you & your horse (1.5-2 hours)

Pre programme worksheet

Join Online Facebook Community of likeminded equestrians

EACH MONTH, RECEIVE

2 x Online Group Workshop

Including catch up & Q&A (replays available)

Online Worksheet

Sent to your inbox, to complete in your own time

EFT tapping recording

Sent to your inbox, to balance & ground you

SESSIONS

2 x 121 Personal Coaching Calls with Cat
(1 hour)

In person, via Google Meet or on the phone

1 x 121 Relationship Coaching Session
with your horse (1.5 hours)

In person: at your yard or at an agreed location

1 x 121 Equine Emotional Release
Session with your horse (2 hours)

In person: at your yard or at an agreed location

BONUSES

Meet up with your group (In person)

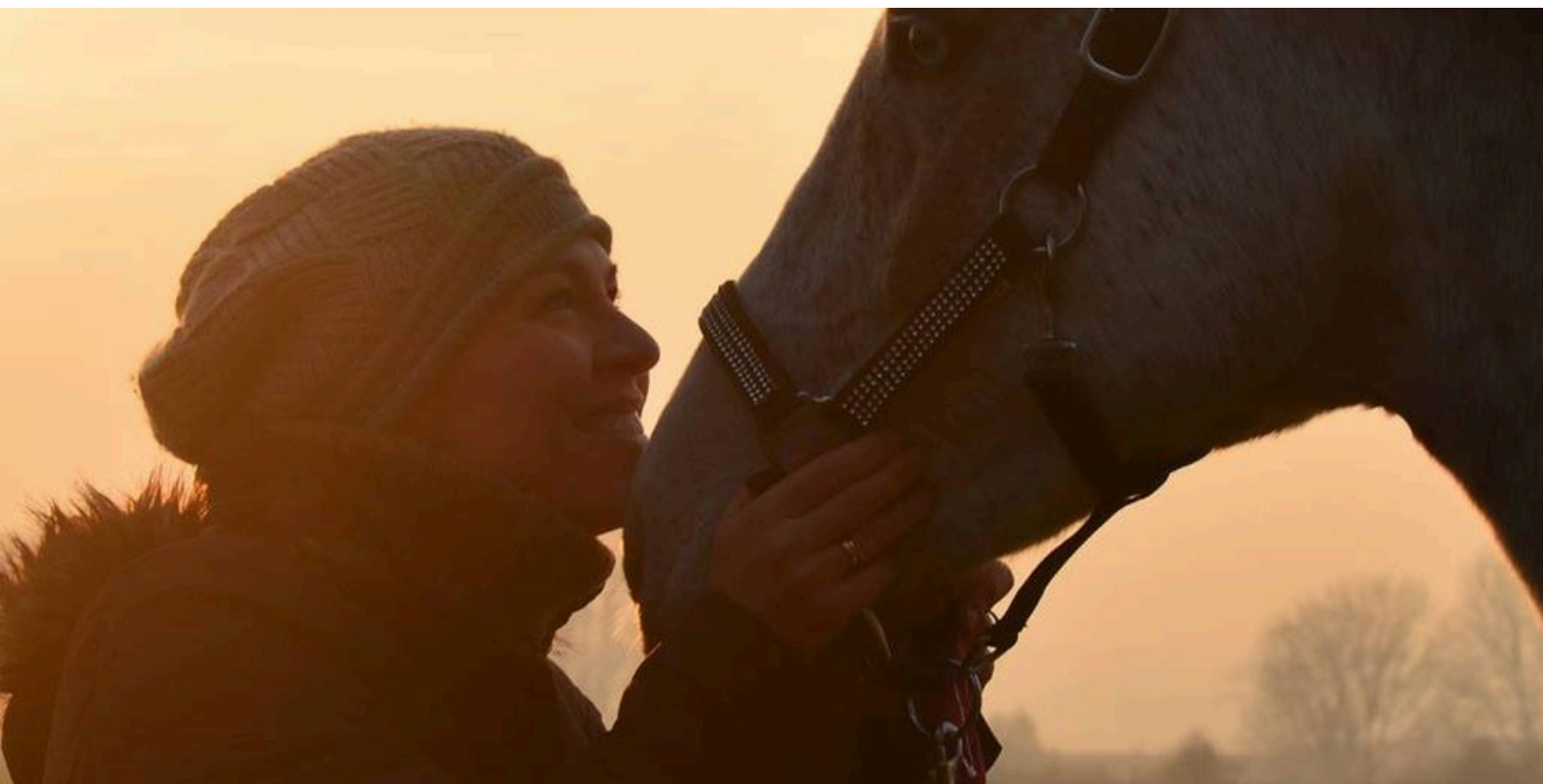
Group New Year workshop:

In person in Northampton or Sussex

Reflect & Reset (Worth £40)

or online

10% Discount on additional sessions





GET IN TOUCH!

If this feels like the programme for you, or you have more questions, connect with me here:

07515674125

catherine@balanceandalign.com

[@balanceandaligncoaching](https://www.instagram.com/balanceandaligncoaching)

And let's chat!

ABOUT ME



My name is Cat and I am a fully certified personal & professional coach, supporting people to overcome blocks in their relationship with themselves and their horse through growth, release & regulation. Where your horse feels more able to trust, regulate and communicate with you because you are a safer space for them.

And where unhelpful narratives are laid aside, for the relationship with yourself and others to open and flourish.

I also support folks who aren't horse owners, supporting them feel empowered, resourceful and free to let go of what is not serving them to move closer to what is authentic & aligned in their lives and relationships. And bringing the presence, wisdom and lessons of the horse to support their process.

As a coach I am warm, kind and use my spontaneity and empathy to guide and support clients to go on an engaging journey of self discovery, with compassion and curiosity.

With horses I am soft, open, grounded and attuned, and going as slowly as they need me to, listening carefully, and prioritising a relationship focused approach. I strip things back and support primarily on the ground and my intention is always to honour their truth, unique experiences and help them feel seen & heard. Even when it is uncomfortable! I have an approach mindful of trauma & the nervous system.

When I am not supporting horses and humans, I am walking the downs with my beautiful Cob Indi, or off swimming in the ocean!



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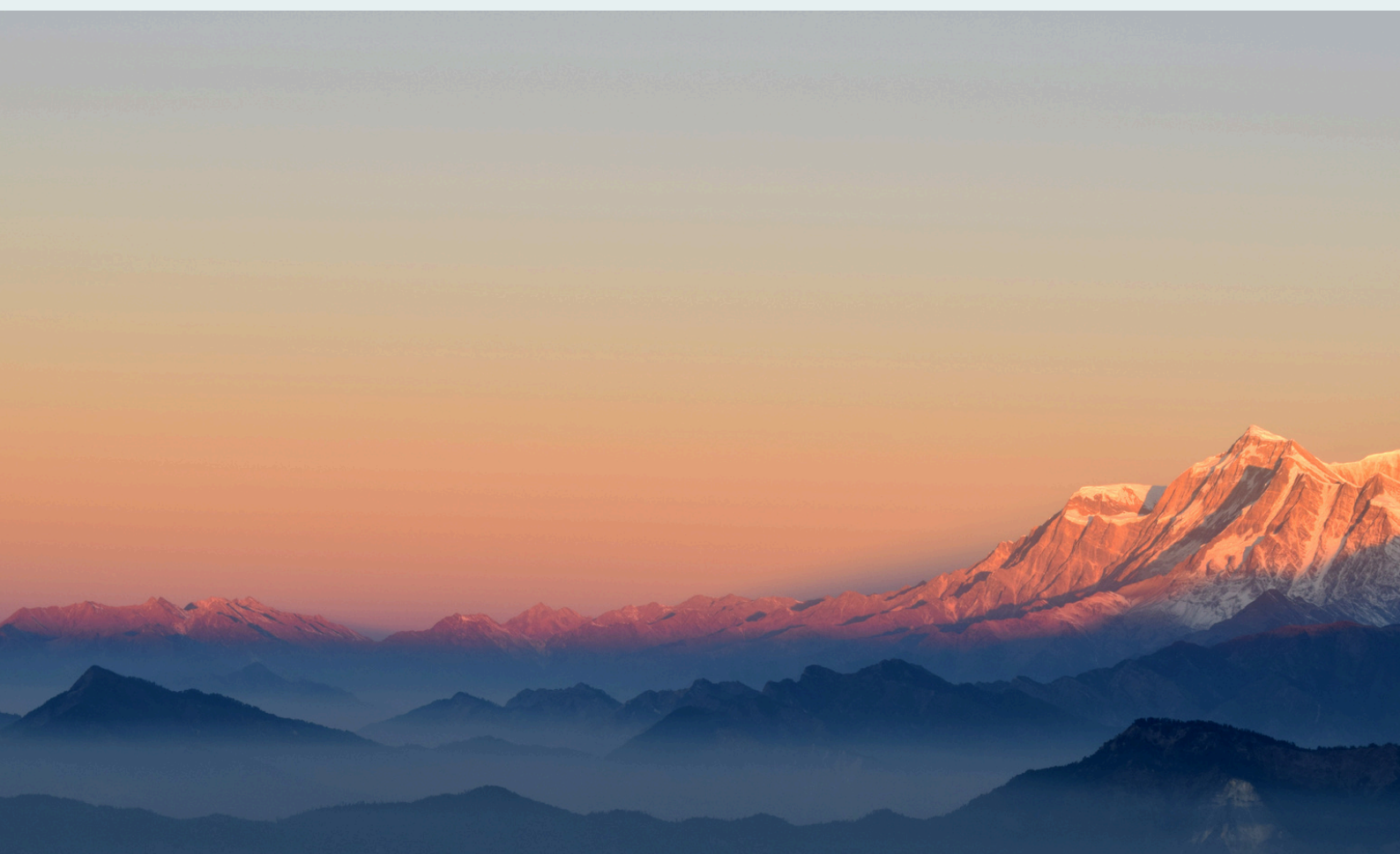
TESTIMONIALS

“Cat is an incredible coach who I find to be endlessly supportive and inspirational. She has helped (and continues to help!) me and my horses to deepen our relationship, and interact in a way that is conscious, intentional and joyful. All of her wonderful offerings play a part in this.

From transformative in-person days and coaching calls, which **have given me a greater understanding of myself, my values, and what I bring to my relationship with my horses**, to deep release sessions that help my horses work through trauma and regulate their nervous systems, her work has played an incredible role in getting me and my horses where we are now. I have recommended her to more people than I can count!”

Empowered myself by trusting ME and choosing my authenticity even when I've felt fearful! It has revealed layers of awareness, humility and compassion for me and my horse and even my own family relationships”

Poppy



TESTIMONIALS

"I had a feeling of being 'stuck' and unable to move forwards in certain areas of my life.

I was introduced to Cat and it straight away felt like she understood me and quite honestly she helped spin my life around in the best possible way. Being an equestrian relationships coach she was used to looking at a client's relationship with their horse and we did some of this work to help me connect with my horse first.

We then looked into the relationship I had with myself, identifying what felt 'stuck' and 'uncomfortable'. The support, techniques and overall holistic approach Cat took transformed how I was feeling and has led me to reconnect with my true self. I now feel like I'm following my heart, I have a renewed spark and I have worked through areas that whilst challenging to address have led me to happiness in myself.

What Cat offered far exceeded my expectations and I would therefore encourage anyone to go on the journey with her."

Amy

