

PERSONAL TRANSFORMATION COACHING

SUPPORTING YOU TO MAKE MEANINGFUL CHANGES IN YOUR RELATIONSHIP WITH YOURSELF

“The mind that holds the problem, holds the answer”

Coaching is widely recognised as one of the most effective personal and professional development interventions, and is a empowering conversation between coach and coachee.

To me, coaching is a **conversation of courage, compassion and curiosity** between coach and client, in which the **client has the space to explore their thoughts, feelings, perspectives, narratives and behaviours through a different lens.** To reflect, process, look forwards and create **meaningful shifts in their inner & outer world.**

Coaching can help you grow **self understanding and awareness, improve relationships, facilitate learning and development, expand your nervous system regulation & resources and emotional capacity.**

And can provide a **transformational opportunity to press pause and check in with where you are at, and ask yourself some important questions.**

- What is aligned
- How you want to move forwards
- What you want to achieve and how you want to feel

It is a constructive and expansive space where you will have support, space and tools to make meaningful change in your life and relationships with yourself and others.

Ultimately, coaching is about supporting you to find your own answers, wisdom and magic. It is about facilitating your process, and partnering with you to access and grow what is already within.

COACHING STRUCTURE

OVERVIEW

A coaching programme usually contains 4 sessions, although this can be adjusted to be in service of you and what works best for you. The duration of these sessions are usually once a week, but again, these can be adjusted in service of you.

Each sessions begins with a check in with how you are, a reminder of our confidentiality agreements and safe space, and anything important you would like to share.

The session then moves to what you would like to bring and explore. This usually consists of having an open conversation, being curious and asking questions, and utilising helpful coaching tools.

To finish, we will check in with where you are at, what you would like to take away, and a short EFT tapping (if relevant) to solidify and integrate these takeaways

FIRST SESSION

We will seek to:

- Set up a safe & positive coaching space.
- Understand more about you: what you would like to achieve, why is that important?
- Support you with the space you need to share what is important to help you feel seen & heard, and begin this journey with confidence.
- Answer your questions about what you may need and want on this coaching journey, what success looks like to you, and how I can partner with you in moving towards these.
- Begin exploring what you would like to shift.

We will also explore what coaching means, answer your initial questions, and create safety of the space that will set up the coaching experience

FINAL SESSION

In this session we will round out the coaching experience, and reflect on what has changed, what you are taking away, and how you would like to continue on your journey going forwards.

WISDOM OF THE HORSE AND ANIMALS

As part of the coaching process, we may draw on lessons from animals that resonate with you.

Animals can support us to tap into wildness and wisdom within, and be reminded that above all, relationships are everything. They provide us safety, meaning, connection, and how feeling seen, heard and understood is our deepest need as social mammals.

They show us powerful lessons about trust, freedom, courage, relationship and presence.

And what is ours to keep, and what was never ours in the first place.

You may feel a connection to an animal, and this animal will have it's own lessons and gifts to bring you. You are invited to bring them with you for your journey



THE TOOL BOX WE WILL DRAW ON

1

Coaching & Facilitation

Supporting & partnering with you to shift, grow and feel empowered through tools, exercises and a safe & expansive space.

2

Nervous System Regulation

Understanding and harnessing the balance and power of your nervous system. So that you can feel more you more often. Polyvagal theory informed.

3

Human Psychology

A vast area of influence to help you understand yourself and feel empowered in moving forwards through exploring areas such as:

- Mindset
- Beliefs
- Behaviour,
- Neuroscience
- Relationships

To serve you in becoming more authentically you and reaching your goals.

4

Tapping: Emotional Freedom Technique (EFT)

A powerful non invasive tool that combines elements of mindfulness, acupressure, nervous system regulation, processing and unconditional compassion to shift blocks and grow self acceptance.

5

Horse Wisdom

The honest, wild and intuitive wisdom that horses & other animals have to offer. Providing us insights into our human world, as well as tapping into the inner wild spirit, and the presence and power we have that goes beyond words.

Sessions

Worksheets

Tapping recordings

Experiences

INVESTMENT

FOR 4 SESSIONS

“You are your best asset”

Even though investing in yourself can bring up different feelings, it really is the best investment you can make. You are the most important relationship in your life, and how you feel, think, experience the world and connect with others stems from this place.

We are often told to invest in material things, however, investing in you is the most profound gift you can give yourself. Nobody can ever take that experience, understanding and knowledge away. That's priceless!

A Coaching Programme consisting of 4 sessions is £200

This includes:

- 4 121 coaching sessions
- Online resources and homework in between sessions (inc. worksheets)
- EFT tapping recordings for you to play whenever you would like

This amount can be paid in full, or in an interest free payment plan.

FAQ

HOW SESSIONS ARE HELD

Sessions are held online via Google Meet or in person, and are an hour long.

WHAT DO I NEED FOR SESSIONS

You will need a quiet space where you feel safe, able to speak freely, and will be undisturbed.

ARE ANY TOPICS OFF LIMITS?

No topics are off limits! As coaching is about you getting to your own answers within, I can ask you questions and reflect with you to support you with any topic. It is up to you how deep you would like to delve in and how much you would like to share.

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





My name is Cat, I am an Equestrian Relationships & Personal coach, supporting heart led people to make meaningful change in their lives. and their horses to overcome blocks and transform their relationships with themselves and each other.

I have supported many clients to feel more at home & empowered in themselves, and in their relationships with their horse, through working with them, their horse and their relationship together.

My approach incorporates the personal development & growth, nervous system, attunement, and is reinforcement minimal & trauma conscious.

It is important to me that all of my clients (human & horse) feel safe, have agency, choice and a space to be seen & heard.

Values: Integrity, Care, Choice & Trust

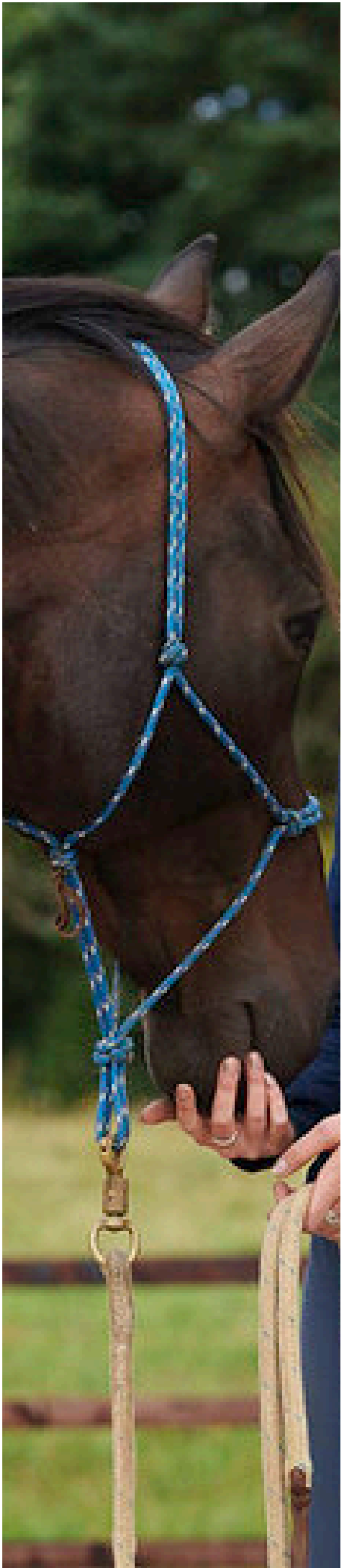
(I have a BSc in Psychology, and am a Trained Barefoot Personal & Professional Coach, working within an ICF code of Ethics)



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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?