



Excellent Horsemanship

By Dr. Freya Schafer, PhD

Dr. Freya Q. Schafer, PhD, EFT-Adv, is an internationally active Motivational Coach and advanced EFT (Emotional Freedom Techniques) Practitioner with clients worldwide. She uses proven leadership techniques to empower riders and their horses to become a truly authentic team. Visit her website www.EssentialClarity.com for more information or call Freya at 866-699-6499 to ask questions.

The Key to Excellent Horsemanship

Winter is a perfect time to strengthen the most powerful tools we bring to horsemanship. The busy, physical part of the riding season is slowing down, providing us with the opportunity to focus on empowering our body and mind, the key foundation we bring to horsemanship.

Horsemanship is defined as *the skill in handling and riding horses*. This definition seems to focus on the physical aspect, doing things to the horse. What we sometimes overlook is the inner personal strength and clarity that is the key to excellent horsemanship.

Horsemanship starts from the inside-out.

Enhanced body awareness, an integrated physical-emotional-mental body, and leadership skills are essential to communicate clearly with our horse.

Horses sense our moods and body language. It is difficult for horses to understand what we want them to do when our body language is incongruent with our emotions or thoughts.

When you approach a body of water on a trail, your physical signals might clearly tell the horse to move forward while inside your body you might hold a worry that your horse might be afraid of the water. This is confusing for the horse as it is reading your physical, emotional and mental signals simultaneously. The doubt you are holding in your emotional and mental body translates to a stop signal and is incongruent with your physical signals to move forward. The horse, sensing both signals, might get confused and as a result refuse to move through the water.

Horses generally try to do what we ask them to do. It is up to us to communicate clearly and help our horses patiently to understand what we want them to do. **Self-awareness, clarity of mind and emotions, quiet confidence, patience, persistence, and consistency are fundamental horsemanship skills** that allow you to communicate clearly with your horse.

Motivational coaching supports you in growing and strengthening these fundamental horsemanship skills.

Mind-body-emotion integrating methods empower you to enhance your body awareness, shift your emotions with more ease, and gain mental clarity. Proven life-coaching techniques help you to develop and deepen your leadership skills.

Strengthening your horsemanship skills through personal development is a far-reaching investment in yourself and your horse. Horsemanship doesn't start when you enter the pasture or stable.

Horsemanship is a way of life. What if you could remain calm during a conflict, stay patient while waiting in traffic, make better decisions, or release your fears and move forward?

Winter is an excellent time to focus on personal growth, strengthening your mind-body connection. If you want to improve your horsemanship skills and move your whole life to the next level, consider motivational coaching. You can find more information on my website: www.EssentialClarity.com or call me (866-699-6499) if you have questions. I would love talking with you.

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Dr. Freya Schafer, PhD
Motivational Coach

Empowering horse & rider to become a truly authentic team

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