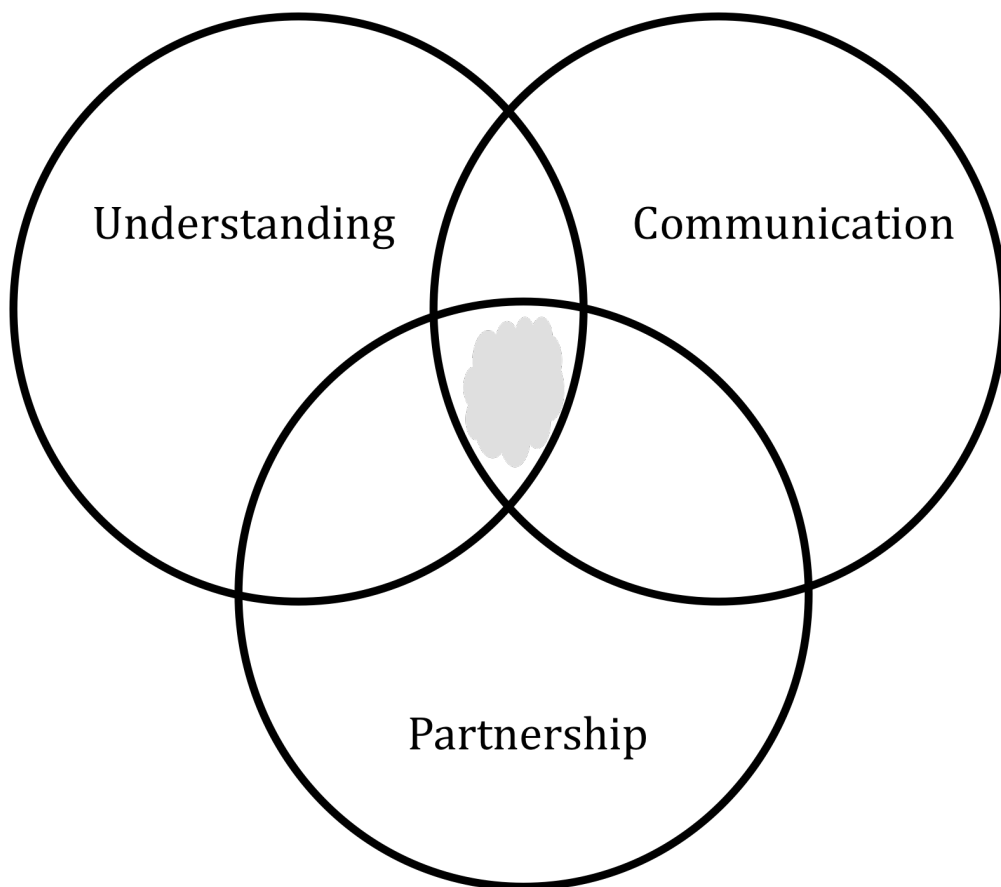


# *Understanding Equus*



Bespoke talks, demo's, workshops & courses.

Based on  
The 'Understanding Equus' CUP  
Horsemanship / Relationship Model



Communication, Understanding & Partnership (CUP) make up the 3 key areas in which to gain knowledge and skills, helping us to develop a holistic approach and optimise our relationships. Each area is interlinked, and interdependent on each other, creating harmony & balance when working together.

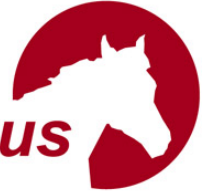
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# Understanding **Equus**



Below are the 4 key workshops covered in the 'Understanding Equus' foundation program, with some of the key learning objectives in each. Day workshops can be arranged on each of these, or bespoke talks, demo's & workshops can be tailored to meet your individual learning objectives and needs

## **Communication**

- Improve your listening skills & understand what your horse is trying to tell you.
- Learn how to utilize body language, energy & intent to improve the clarity of your communications
- Build trust & respect through effective timing & consistency.
- Enhance connection & communication through grounding & self-awareness.

## **Understanding**

- Improve your understanding of equine behaviour & psychology.
- Develop an understanding of the differences & similarities between horses & humans.
- Learn about the Physical, Emotional & Social needs of our horses.
- Understand the application of learning & attachment theories and how to utilize them to adapt behaviours.

## **Partnership**

- Build a respectful, compassionate and trusting relationship through effective two-way communication.
- Improve your leadership & teamwork skills to create a willing partnership
- Create a strong bond and mutually beneficial relationship with your horse.
- Improve your feel, timing & balance to optimize performance

## **Holistic Horsemanship**

- Understand your horse's mental, physical, social & emotional needs.
- Recognise the potential signs & symptoms of pain.
- Find ways to meet your horses' needs through environmental enrichment
- Explore the use of 'muscle testing' for any supplement, feed or deficiency

Further workshops are available on confidence building, ground training & rehabilitation and problem solving. Please see below. All workshops are designed to be fun and interactive, maximising your learning through demonstrations, discussions, Q&A sessions and hands on exercises for all.

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## **Confidence Building**

Confidence is built through understanding our horses & ourselves. Using a step-by-step approach....

- Confidence building for you AND your horse
- Discover how your thoughts, limitations & beliefs affect your life

## **Ground Training & Rehabilitation**

An introduction to the methods & concepts used for building trust & confidence in your horse. Mindful of the mental & physical development required creating a mutually beneficial relationship from the ground into the saddle

- Liberty & In-hand training
- Lunging & long-lining

**Problem Solving** Each workshop explores the desires and requirements of both horse & handler, in order to build a trust based partnership achieved by 'listening' to each other. Keeping an open mind, understanding the common reasons for problems and understanding the way the horse perceives the world is paramount to success. Using methods designed to have your horse want to work with you rather than feel forced to, some of the problem solving issues we can address include:

- Leading
- Loading
- Gentling the untouched horse
- Haltering
- Teaching to tie up
- Ground tying
- Catching
- Crossing water or other obstacles
- Head shy
- Standing to mount
- Preparation for the farrier
- De-sensitization
- Pulling back

For more information and current prices, please contact Debbie.

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