

The Confident Equestrian Video Transcription

Hi, my name is Cathy Rivers. Today I am going to talk about confidence. Confidence is what gives us that winning edge and it is confidence that allows us to have unlimited success. It's confidence that allows us to leverage our technique. It is confidence, or the lack thereof, that can hold us back. We may have all the technique in the world, but if we don't have confidence we are not going to be able to display our technique to our full potential.

One thing I believe is that we can separate confidence from technique. In our work with our horses we certainly have a lot of technique to master. We spend a lot of time, we spent a lot of energy and we spend a lot of money on it. I believe we should spend equal amounts of attention on confidence. We can grow it separately. When we grow our confidence we really are going to accelerate all of our learning.

And, as equestrians we not only focus on our own confidence issues, we need to focus and pay attention to the confidence issues of our horse as well. Because it is that blend of both our confidence levels that impacts how far we are able to go in our chosen discipline. Because of that, and because I am a life, business and performance coach, I like to break things down. I want to make things easy to take action on. I want all my clients to be able to make change quickly, with the least amount of angst and the least amount of struggle.

So I created the Equestrian's Confidence Assessment. It looks at four dimensions of equestrian confidence. It starts by looking at our confidence, just as human beings, in general in life. What's our baseline? And the same for our horse. What's our horse's given confidence level at this time. And it looks at 2 additional dimensions. It looks at our confidence in our horse. Because you know if we aren't confident in our horse, things aren't go as well as they could. And our horse has the same right. They have their own assessment and their own judgment about how confident they are in us. And, knowing where that level is makes a big difference.

Knowing where our confidence levels are in these 4 dimensions then allows us to start to grow them with some intention, with a systemized approach. If you want to take a look at your confidence and see where you stand, and give yourself some insight on where to go next, go out to my website. It's at www.bighorsedreams.com. Take the assessment. It's quick; it's easy. It's going to give you some useful information. Because what I want for you is for all your big horse dreams to come true. I want people to be working towards their dreams, have it go easy, have it go effortlessly, have it just flow.



Connection, Confidence & Leadership
www.bighorsedreams.com

For the equestrian who's ready to ride like a champion

cathy@bighorsedreams.com • 360.480.0183