



## 3 Day Confidence Course

Confidence Courses – 22nd – 24th March & 17th – 19th May



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### Confidence Course

#### Day 1

12.00 – 13.00 arrive

13.00 – Informal lunch and get together.

14.00 – Registration and health and safety discussion

14.30 – Workshop 1

19.00 – Dinner

#### Day 2

7.30 – Early morning get together and discussion group.

8.30 – Breakfast

9.30 – Plan for the day

10.00 – Workshop 2

13.00 – Lunch

14.00 – Workshop 3

17.00 – 17.30 sundowners and relaxation session.

19.00 – Dinner

#### Day 3

7.30 – Early morning get together and discussion group.

8.30 – Breakfast

9.30 – Plan for the day

10.00 – Workshop 4

12.30 – Lunch

13.30 – Workshop 5

16.00 – Group get together and review.



## The Workshops.

The notes below are guides to each workshop. It is important to identify problems and their triggers and to find ways and techniques in dealing with them. These steps are designed to help you face your personal challenges and create a step-by-step approach to overcoming them.

These workshops are interactive and rely on personal and group input. Some struggle with sharing difficult and troubling experiences but the group approach and our buddy system helps you to share your experiences in a safe and supportive environment. Some of you will not want or feel able to ride this time and that's OK too all the workshops can be done in hand from the ground.



## Workshop 1 (getting to know each other)

We will discover our fear triggers and talk about recognising them before they escalate and basic techniques for tackling those triggers will be explored including imagery, simple meditation and mind management techniques based on NLP. The idea of our 'Buddy System' will be explained and you and your 'Buddy' will get to know more about each other in this initial workshop. Everyone is asked to bring their course notebook with him or her to the workshop as well as a towel or mat for the relaxation session at the end.

## Workshop 2 (hands on ground session)

Since equestrian activities involve two living creatures, horse and rider, lack of confidence in one can greatly deteriorate the confidence of the other. Building that confidence and bond is a paramount foundation step in helping both find that inner assurance. So we start by working on the horses' confidence. We all know how our tension can 'travel down the reins' to the horse – so, it is important that the horse sees us as a positive leader. In this workshop we'll investigate different ways of communicating to the horse that we are fully confident and in control and that we become a rock of dependence for him or her. We will look at training techniques for the horse including advance and retreat, clicker training and learn effective ways to desensitise them to specific situations. We will learn to adapt these methods towards greater inner-confidence.

### Workshop 3 (Obstacles)

We will revisit the confidence techniques we have already learned and look at them in more depth and how they can change the way we think, feel and react in stressful situations. We will be riding or working from the ground in the menage and will tackle some of the obstacles we experienced in WS2. We will work with our Buddy who can support and give positive encouragement from the rail, swapping over and reversing roles half way through.



The group will be split in two sub groups for workshops 4 and 5, which will run concurrently



### Workshop 4 (schooling)

It is important for us to practice our new confidence techniques in the menage as well as out on the trail. When you ride in a school do you get in there and think.... what now ???

In WS4 we will formulate a basic schooling guide to follow allowing us to be confident in our aims. This will enable us to then concentrate on how to control our emotions and those of the horse in an environment that we may find during a normal riding lesson or even at a show.

### Workshop 5 (hacking)

Before we set off we will remind ourselves of the relaxation and confidence techniques. We will re-affirm our aims hack straight out of the yard into the woods full of positive energy and confidence.

This is in a small group and will be ridden at an agreed pace that everyone is comfortable with. The terrain is varied and parts can be done on foot if you wish (there is no shame in getting off!). Non-riders can accompany with horse in hand on foot.

A little bit about us .



Lou Talintyre.

Lou is the founder of the Natural Riding School, a co-founder of The Pure Feed Company and one of the countries leading up and coming horsewomen. Lou has been involved with horses for the last 32 years the last eight of which she has spent developing the ideas and techniques behind The Natural Riding School. Lou is also head instructor and Breeding and Nutritional

Director at the Mendip Stud. Lou and her now famous quarter horse Jays Master Copy have recently finished two tours with Monty Roberts and appear regularly at major equine events and fairs throughout the country and in Europe. Lou is to appear again this year as guest performer at Tanya Larrigans 'Magic Of the Horse'.

### **But it wasn't always like this .....**

Only three years ago Lou was getting scared even to go to her own barn to visit her horses let alone ride one. Her commitment to work dictated that she had to struggle on but the problem deepened. Eventually Lou had had a complete confidence breakdown exacerbated by having to deal with medical problems including the onset of epilepsy and myiltis. Apart from the practical things like losing her driving licence as a result of these additional hurdles Lou's confidence was further depleted to the point where was seriously considering giving up riding and horses altogether.

Then one day and by pure chance she listened to some tapes on rebuilding confidence and with help from loved ones and friends both two and four-legged Lou began her journey of self-discovery and inner restructure. With a bit of hard work, meditation and learning new mental techniques and practical methods Lou returned to the saddle. It took lots of steps, small ones at first, but slowly she built up her confidence and inner resources. Lou did little more than just poodling around a the beginning having a quiet time but that developed pretty quickly to where she regained her former confidence but and to her surprise found that she was now better equipped and willing to expand her comfort boundaries to levels she had thought impossible and way beyond anything she had achieved before her confidence crisis a year or so before. All of the things that now seemed so daunting she took in her stride and new challenges were met with a new attitude and positivity.

### **Lou was back 😊 and more .....**

Lou was soon teaching and showing in front of large audiences, giving demos. Over the course of the last year she has found that her experiences have benefited many others who after following her techniques and simple, yet practical methods have once again found that inner self and are now enjoying their horses in a way they could not have done so without her help. These confidence courses are designed to give customers hands on experience and practical methods to regain, overcome and develop their confidence and self-assurance.



John Calder

John founded The Mendip Stud in 2001 and has been instrumental in developing The Natural Riding School.

John started riding at an early age but became disillusioned with the traditionalism in his teenage years. Despite having a deep love for horses he only dabbled in his equestrian pursuits until he discovered Western riding in 2002. Since then John has become a passionate devotee of Western riding and Natural Horsemanship. John and Lou have been fortunate enough to own horses that have won major European competitions including the German Futurity, the Americana European Championship and other major events including the Equimax Grand Prix.

John currently teaches Western riding at the Stud and is responsible for Stallion training and the Stud's groundwork programmes. John is a H.A.A.T. (Horse Agility Approved Trainer) and a H.A.A.J. (Horse Agility Approved Judge) has developed techniques in helping complete beginners and nervous riders and handlers overcome their fears and phobias. These insights have been incorporated into the confidence workshops.

Before launching into his business career John was a successful squash trainer coaching to international level in Europe in the early eighties. Sadly John, or perhaps as he would say, fortunately, was involved in a near fatal car crash in 1985. A result of which John had to restructure his life and face new challenges. He did this by becoming actively involved in self and group help therapies. Coming through the car crash and the clinical depression that followed John continued to work on group therapy whilst developing a successful fragrance Company.

Throughout the last 25 years John been involved with helping hundreds of people to come to terms with emotional restructuring offering day release and work opportunities in conjunction with local centres. This initiative and John's previous professional teaching has given him the opportunity to develop skills in giving people confidence through self-discovery and self-awareness. John has many clients who love his positive outlook and keeping it simple approach to challenges.



## Location

The confidence course will be held at our Natural Riding School and Mendip Trekking facility in Churchill Somerset. We lease the facility that is part of an action centre which includes skiing, snowboarding, air-rifle shooting, archery, rambling and other outdoor pursuits. If your partner wanted to join you there is plenty to do whilst you are attending the course.

There is the 14-roomed Lyncombe Lodge Hotel on site where most meals and classroom based course work will take place:

We have arranged Special rates for you at Lyncombe Lodge. If however you would prefer to stay elsewhere please let us know and we'll supply a list of other local accommodation.



Lyncombe Drive,  
Churchill,  
North Somerset  
BS25 5PQ

Tel **01934 854 800**  
info@lyncombelodge.co.uk

Room rates at Lyncombe Lodge for courses are as follows:

Bed and Breakfast - £55.00 per room per occupant with a £20 supplement for an additional guest. Bookings and payment for rooms should be made directly with the management at Lyncombe Lodge.

To get your special rates please state that you are attending the Confidence Course.

|                |                   |
|----------------|-------------------|
| Evening meals  | £14.50            |
| Informal Lunch | £ 6.50 on arrival |

## What should I bring with me?

Note book.  
Beech towel or exercise mat.  
Clothes for riding – both good and bad weather gear.  
Riding boots or shoes suitable for activity  
Hard hat – BS standard please.

## Optional

Body Protector  
Gloves

Course Cost £375.00\*\*

\*\* Excludes accommodation and other meal costs.