

Rider Development Programme

With Tracey Hutchinson

A series of four interactive workshops for riders of all levels. All that's required is a willingness to have a go and learn. Each workshop addresses an important aspect of equitation and horsemanship.

Your trainer for this holistic Programme will be Tracey Hutchinson, BHSAI. Tracey is a Centred Riding Instructor, a UKCC Level II Coach, and holds a Diploma in Equine Psychology. She is also an NLP Master Practitioner and Business Psychologist, running her own business helping people be their best selves.

1	Introduction to Equine Psychology.	This session will introduce the science behind some of your horse's behaviour. Beginning with the horse, we'll explore aspects of their behaviour including how they learn, helping you to train more effectively. At the end, you'll understand more about why your horse does what he does, and how you can work with his thinking to easily build a great relationship. Imagine how much you'll both enjoy your time together when you know the best way to interact, manage and educate him.
2	Rider Psychology	Now that you understand your horse more, it's time to train your brain. As in life, your brain is your most powerful tool, can be your best friend, and your worst enemy. Improve your riding performance every time in session two with tools you can easily use to boost your confidence. This fun session is an opportunity to understand more about how your brain works, and will give you tools and techniques to manage any nerves you might have had, achieve your goals and have more fun with your riding.
3	Rider strength, mobility and balance using dismounted work	The third session will focus on us, the riders. We will focus on developing body awareness, bringing your attention to make effective use of your balance, seat and aids – all whilst leaving your horse safely at home. Most of our 'ridden' training is spent in the saddle, so this session will allow you to focus on your own development without having to think about your horse for a while. Find out how a trampoline, a physio ball, a hula hoop and other surprises can help you use your seat and aids more effectively when you ride.
4	Apollo	For the final session, there is the opportunity to have a lesson on Apollo, a beautifully schooled, mechanical horse with fabulous paces. Previous riders have been amazed at the difference a short session can make to their riding. Apollo lessons are arranged in addition to the above three weeks, and will take place at Cote Hill Equestrian with Jo Forster, a successful, qualified Centred Riding Instructor level II, BHSAI and UKCC Level II Equestrian Coach who specialises in Rider posture and Horse & Rider bio-mechanics.