



The Empowered Rider Principles

This programme isn't about becoming a different person; it's about understanding yourself better so you can become the rider you're capable of being.



The Plant Pot Analogy – Think of yourself as both the plant & the pot. The plant represents your potential; the pot represents your current capacity. Most riders try to help the plant grow by learning more, doing more & trying harder. This programme helps you grow your pot too. As your capacity expands, you'll naturally begin to think, feel & respond differently, allowing your potential to evolve.



Progress Not Perfection - This work is a journey; there are no shortcuts. Be gentle with yourself & offer yourself the same compassion you'd show your horse or your best friend. If you notice your mind striving to get everything 'right', become curious rather than critical. Trying to be perfect is often your mind's way of protecting you from not feeling good enough. The goal isn't perfection; it's greater awareness, because awareness is what creates change.



Responsibility Over Reaction – You can't always control your circumstances, but you can learn to choose your response. This programme isn't about blaming yourself or your circumstances. It's about recognising when you're reacting from old patterns or autopilot & learning to respond with greater awareness & intention instead. That's where lasting change begins.



Awareness - Start to notice what you think & how you talk to yourself. Do this from ***compassionate curiosity*** **NOT** judgment! This is critical to this work, observe to become aware, **NOT** to judge/shame yourself. Reflect regularly on how you're doing with this as you progress through the programme.



Feel Your Feelings – Every rider experiences emotions. The goal isn't to stop feeling nervous, frustrated or disappointed; it's to change your relationship with those feelings. Growth comes from allowing yourself to experience your emotions, rather than overthinking, resisting or pushing them away. When you stop fighting your feelings, they begin to have less influence over the way you ride.



Your Horse Experiences You – Your horse doesn't experience the rider you want to be; they experience the rider you are. Horses are our mirrors, reflecting how we show up in each moment. As you begin to understand yourself better, you'll naturally start to show up differently—and your horse will experience that too. That's why understanding yourself matters.