



# Rediscovering Your Horse - Changing Unwanted Behaviors

## Communicate and Problem Solve using Positive Reinforcement Training

Having to muscle a horse into submission is not always safe, can be physically difficult and often causes distress. My positive reinforcement approach to working with a horse requires no muscle. Its goal is to establish a connection with the horse based on understanding and trust. This systematic, reward-based training does not scare the horse or send him into flight mode. It causes him to slow down, relax, think and try, creating an action, not a reaction.

Positive Reinforcement Training will help establish a communication system between you and your horse. This system is based on knowledge, patience and empathy. Clicker Training is a prominent component of this style of training. It is proven to help solve fear issues and retrain undesirable behaviors quickly and more safely than many traditional methods. It can assist you in breaking through the barriers that prevent you and your horse from finding success in all that you do. This approach to horsemanship makes sense to the horse and creates a tremendous amount of “try”.

### **Create some fun!**

Play is an important part of any enjoyable relationship. Through the use of these methods you can also teach your horse tricks or games, such as smile, pick up, or fetch. Then it's “Game On!” He will begin to initiate the conversations by asking you questions, hoping to get you engaged and playing, earning him his favorite treats. Food is a most wonderful motivator! If you are not careful he just might begin training you 😊

### **Sample Schedule**

#### **Day 1**

9:00-10:30 Philosophy Workshop  
10:30-11:30 Clicker Training Demo-Target Training & Don't Mug Me Lessons  
11:30-12:30 Group Groundwork Session-Mindfulness & Connection Training for Respect  
1:30-5:00 Individual Clicker Training Sessions

#### **Day 2**

9:00-10:00 Workshop  
10:30-12:30 Individual Behavior Modification Sessions  
1:30-5:00 Individual Behavior Modification Sessions