

# GET GRITTY GOAL SETTING PROGRAM

## Lesson 5: Working with Coaches/Trainers



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## **LESSON 5: WORKING WITH COACHES/TRAINERS**

In the last lesson you learned how motivation works together with accountability to keep you on track towards your goals.

In this lesson we will discuss relationship building and communication with trainers/coaches/riding instructors to help you towards your goals.

In the next lesson we will talk about overcoming challenges and setbacks.

Get Gritty,

Chevy



## **SEEKING ASSISTANCE**

Horse Journeys can be a rough ride, and we all need a little help along the way. If we want to achieve new things with our horse or improve our own skills, at some point we will need assistance.

A good coach/trainer can do wonders in guiding you and helping you and your horse learn and grow. A not so good one can further damage your confidence. When you are seeking assistance, look for someone who has achieved with their horse what you want to do with your horse.

In the absence of a coach/trainer, we often find ourselves riding with well-meaning friends who give advice. If someone is pushing you to ride through something, you need to assess if you truly trust that person and their instruction.

If they haven't in the past done what they are telling you do, if they couldn't take the reins and do what they are telling you to do, or if they could but you wouldn't agree with their methods, then this could be a sign that their advice isn't the right fit for you and your horse.

# **WORKING WITH COACHES/TRAINERS**

## **1. Clearly Define Your Goals:**

Before you begin working with a coach/trainer, take the time to define your equestrian goals. Whether it's mastering a new riding discipline, improving specific skills, or building a deeper bond with your horse, having clear goals will guide your sessions with coaches/trainers.

## **2. Open Communication Lines:**

Communication is key. Establish an open and honest line of communication with your coach/trainer. Share your goals, preferences, and any concerns you may have. This dialogue ensures that everyone is on the same page, fostering a more effective learning environment.

## **3. Be Open to Learning:**

Approach each session with an open mind and a willingness to learn. Remember, even the most experienced horsemen and horsewomen continually refine their skills. Embrace feedback, ask questions, and absorb the wealth of knowledge your coach/trainer brings to the arena.

# **WORKING WITH COACHES/TRAINERS**

## **4. Seek Compatibility:**

Find a coach/trainer whose teaching style aligns with your learning preferences. Whether you thrive in a structured environment or prefer a more relaxed approach, compatibility enhances the overall learning experience and maximizes the effectiveness of your sessions.

## **5. Consistency is Key:**

Consistency is the secret ingredient to success in horsemanship. Attend sessions regularly, and practice what you learn between sessions. Consistent engagement accelerates progress and solidifies the skills and techniques you acquire.

## **6. Embrace Challenges:**

Every rider encounters challenges. Instead of shying away, embrace them as opportunities for growth. A skilled coach/trainer will tailor exercises to address specific challenges, turning them into stepping stones towards your goals.

## **7. Establish Realistic Expectations:**

While dreaming big is encouraged, setting realistic expectations is equally important. Understand that progress takes time, and achieving mastery is a journey, not a sprint. Be patient with yourself and your horse.

# **WORKING WITH COACHES/TRAINERS**

## **8. Invest in Your Education:**

Education is an ongoing process. Attend clinics, watch videos, and read books to broaden your knowledge. Your commitment to continual learning not only enhances your skills but also deepens your appreciation for the art of horsemanship.

## **9. Develop a Routine:**

Incorporate a training routine that aligns with your goals. Consistent routines not only benefit your horse's physical and mental well-being but also contribute to the overall success of your equestrian pursuits.

## **10. Express Gratitude:**

Finally, express gratitude for the expertise your coach/trainer imparts. A positive and appreciative attitude fosters a supportive learning environment, strengthening the partnership between you, your horse, and your mentor.

Every horsemanship journey is a collaborative effort. By implementing these tips, you'll not only forge a positive relationship with your coach/trainer but also pave the way for transformative growth and achievement in your horsemanship endeavors.

# **WORKING WITH COACHES/TRAINERS REFLECTION**

Which of these tips can you use to improve your relationship with coaches/trainers as you work together towards your horse goals?



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