

# 10 Steps to Confidence

How to gain confidence the RIGHT way  
– no gimmicks or tricks

**Confidence** = **Knowledge** + **Skill**

# 1) The psychology of confidence

- Deal with the future only
- PTSD
- Have a positive plan - any plan at all
- Run through the progressive steps (not the WCS)

## 2) Understand it yourself

- It must make sense to you
- Define each of the 4 PRINCIPLES – spot, direction, motivator and reward
- Visualize teaching it before you begin
- Empathize with your horse

## 3) Strong foundations

- Do you have these?
- How do you know?
- If not, start here
- If you do, build from here

## 4) Get the right trainer(s)

- Foundation training = kindergarten
- Know how your horse learns
- Look at trainer's finished horses
- Question methods
- Ethics test

## 5) 5 Freedoms

1. Freedom from hunger and thirst
2. Freedom from discomfort
3. Freedom from pain, injury or disease
4. Freedom to express normal behaviour
5. Freedom from fear and distress

# 6) Physical health

- 5 Freedoms
- BCS
- Dentist
- Appropriate tack
- Tack fitting
- Lesson appropriate length
- When is a horse learning?

# 7) Mental health

- 5 Freedoms
- Recognizing fear and stress
- Planning a lesson at an appropriate level
- When is a horse not learning?



# 8) Emotional level

- Emotional level 1-100
- Training - manipulating the emotional level
- Engagement Zone
- Learn to lower by practicing raising

## 9) Work 'with' your horse

- Remember your horse is NOT rude, ignorant, arrogant, stupid .....
- Try not to judge/pigeon hole
- Learning curves
- Foundation dependent
- 2 sides = 2 horses
- The Polo Pony piaffe

# 10) DO SOMETHING!

- Seriously!

# The Kandoo Club Online Training



[www.kandooclub.com](http://www.kandooclub.com)