



Horse-Led Insight

Your truth. Your pace. Your path

Step into a unique 121 coaching experience where horses can become your partners in personal growth. No riding required—just presence, reflection, and transformation.

Whether you're seeking personal growth, emotional clarity, or a deeper understanding of your leadership style, horses offer a unique mirror to your inner world.





Inspired by the principles of equine assisted coaching, these sessions blend, observation and personalised coaching to help you;

- Improve communication and leadership
- Offer real-time feedback
- Build self-awareness
- Strengthen emotional resilience

No prior horse experience necessary –
just a willingness to interact, observe and reflect.

📍 Location: South East England only

🕊 Sessions tailored to your pace and goals

🌱 Ideal for individuals navigating change,
leaders looking for clarity or seeking personal growth

Book your session today and
experience the insight only
horses can offer.



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