

*Explore Your Free Online
Learning Resources
Rider Access Pass inside
2024*



Equestrian Heroes Guidebook



WELCOME

I'm Alison your club coach and I'm looking forward to getting to know you and your horse. The club is your place to access helpful insights and information that will help you unlock your potential. I'll be on hand to answer your questions in those moments when you feel a little stuck or you are searching for more clarity around a schooling plan or counting down to your next competition.

There are a several ways to get in touch and ask questions. You can ask me a question in the Rider Lounge, send me an email or search in the library where I cover a variety of really helpful Equestrian topics.

I designed the guidebook to bring you exercises you could use today. When you need more worksheets head to the lounge where you will be able to download single sheets. Meanwhile, save a copy of this guide on your phone so you will always have the quick links to hand.



WHAT YOU CAN EXPECT

The Rider Lounge is a vibrant community space where you can talk, chat and ask your burning questions. This relaxed setting offers an easy way to explore new exercises and ideas. There are optional challenges to inspire and motivate you.

The Equestrian Heroes library has a handy layout so the information is easy to find. There's a great collection of 5 minute reads, learning resources and useful downloads for your schooling plans.

The Club encourages you to try mini courses that focus on helping you uncover the why and how of Equestrian training.

Your Club Coach Alison will guide and support you to practice and develop your skills. The Club regularly updates to share the things you want to know about when you school your horse.

You will be invited to exclusive Q&A sessions, offered priority access to unmissable events and Dressage School Online discounts.



CHECK OUT YOUR ONLINE RESOURCES

Online Library

You can pick the topics that interest you. Browsing? Start with the article of the week.

[Learn More](#)



Online Rider Lounge

Come and say hello. Introduce your horse to the team then relax. No pressure to study but do explore the challenges.

[Learn More](#)



For more information visit:
www.equestrianheroes.com

PROGRAMME *topics*

Equitation

Explore the art / practice of riding and horsemanship. We could study this topic for a lifetime and still have more to discover.

Mindset

Made up from our personal attitudes, values and beliefs, mindset impacts our thoughts, feelings and behaviours. Understanding mindset can have a profound impact on performance in the saddle.

Wellbeing

The state of being comfortable, healthy or happy. We are looking at judging life positively and feeling good. A great starting point for a rider wishing to bring their best self to their horse riding time.

Horse Care

We all want to give our horse the best care. It is important to take the basics in hand and also to evaluate the ever changing trends and updates to our industry understanding.

Competition

Discover how to train and prepare for success with insights and ideas for designing your personal blueprints. Explore what competition and challenge mean for you and your horse.

Confidence

Riders will be familiar with feeling as though confidence can come and go. Unlock your understanding of confidence as a behaviour and how to practice a confident approach to training and competition.

IMPORTANT *Topics*

Look out for these key topics in our Gold programme.

Gold Library

Exploring Equitation

Sharing Coach insights for popular exercises and looking at how to introduce new things to your horse.

- How to tell if your on the right track.
- Rider Responsibilities.
- Making sure learning is fun.

Gold Library

Mindset Matters

We explore how to nurture your rider headspace and how to adopt winning habits.

- Attitude and Action Points.
- Helpful Habits.
- Spotlighting a Generous Mindset.

Heroes Library. Open to everyone.

Feel Good Dressage Golden Moments

I'm excited to share the theme for my 2023 Virtual Advent Calendar. This year I'll be inviting participants to join in and go for gold!

- Gold Standard Equitation.
- Gold Standard Horse Care.
- Gold Standard Performance.

January 2024

January Challenge

Realise Your Competition Dreams with this popular 21 day Challenge. Discussions online and daily support with your own Challenge workbook.

- Your New Year Plans.
- Mindset and Motivation.
- Competition Preparation.

Rider Access Pass



Join Us in The Rider Lounge

Explore The Library

Member Rewards

DRESSAGE SCHOOL ONLINE



REWARDS YOU CAN USE NOW

PRACTICAL RESOURCES : The Dressage School Online is another place you can enjoy as an Equestrian Heroes Member. Everyone is welcome here and joining is simple so why not invite a friend to become a member? This welcome guide includes sheets to help you record your riding sessions, some discount vouchers for coaching sessions available with Dressage School Online and a new Rider Rewards programme to surprise our members with extra rewards from Equestrian Heroes and our supporters.

Your Member Benefits

RIDER RECORD

The journal prompts encourage you to keep a record of your riding sessions, to celebrate the small wins along the way and reflect on the challenging moments. You will find more sheets and prompts on the Lounge.

RIDER VOUCHERS

Book a Rider Review using Code Guidebook and receive £50 off. (This offer is limited to the first 25 applicants but everyone will be able to claim £15 off.) More voucher drops in the Lounge.

RIDER REWARDS

There are some great surprises awaiting you and your friends this season. Keep an eye on your inbox for all the details. Club members will receive exclusive downloads, offers and voucher codes. Join the discussion in the Lounge to find out more.

Starting at
£30



DRESSAGE SCHOOL
ONLINE

SPECIAL OFFER

Discount Vouchers

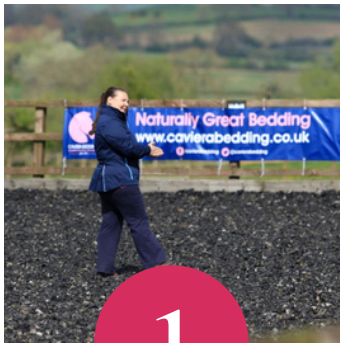
Use Code **GUIDEBOOK** at the checkout....

BOOK NOW

For more information visit:
www.equestrianheroes.com

Your OPTIONS

Dressage School Online offers a wide range of options for Riders looking for online coaching with Senior Coach Alison Kenward.



1

Live Lessons.



2

Competition.



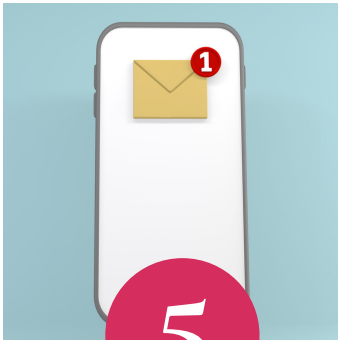
3

Rider Reviews



4

Video Feed Forwards



5

Email Advice

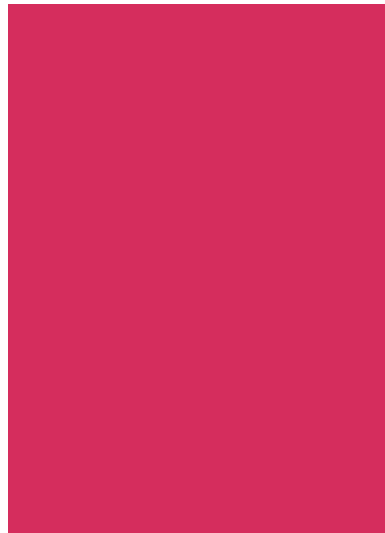


6

Your Rider Hub.

Rider Record

2024



Rider Reflection

PROCESS

Rider Reflection is about taking your experiences and thinking about any learning, observations or insights that came from your lived experience. This three step process is designed to be *fun* and *useful*!

01

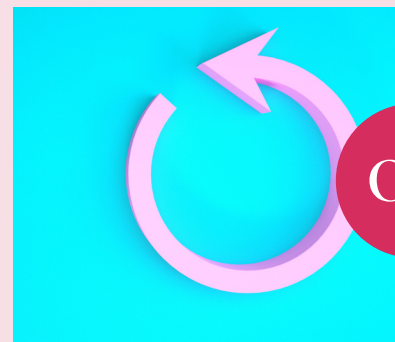


REMEMBER

Practice thinking about what happened in your ride. We want to pick out the positives so that we can recreate the memory in visualisations.

REWIND

Next look at the ride as a whole and consider the areas that were challenging as well as those that are not quite there yet. Think about what happened and why.



02

03



RETHINK

Its time to look at all areas and decide what feelings you want to take forward. Decide how you are going to develop the work building on the strengths.

OurPROCESS

Use this prompt sheet when you are writing in your journal, talking about your sessions, setting goals, carrying out a rider review and much more to help make this process a habit.

01.

Remember

Practice thinking about what happened in your ride. We want to pick out the positives so that we can recreate the memory in visualisations.



02.

Rewind

Next look at the ride as a whole and consider the areas that were challenging as well as those that are not quite there yet. Think about what happened and why.



04.

Reward

We tend to remember to praise our horses for trying, for listening, for being themselves but we forget to speak kindly to ourselves. Your mind hears everything you think so pay attention to your self talk and speak to yourself as a friend.



03.

Rethink

Its time to look at all areas and decide what feelings you want to take forward. Decide how you are going to develop the work building on the strengths.

Membership

PACKAGES

STARTER <i>Access Pass</i>	POPULAR <i>Gold</i>	ADVANCED <i>Premier</i>
<ul style="list-style-type: none">✓ Rider Lounge Access✓ Rider Library Access✓ Exclusive Membership Challenges✓ Workbooks & Exercises✓ Coach Q & A	<ul style="list-style-type: none">✓ Rider Lounge Access✓ Rider Library Access✓ Exclusive Membership Challenges✓ Workbooks & Exercises✓ Coach Q & A	<ul style="list-style-type: none">✓ Rider Lounge Access✓ Rider Library Access✓ Exclusive Membership Challenges✓ Workbooks & Exercises✓ Coach Q & A
<p><u>Free</u></p>	<ul style="list-style-type: none">✓ Access to live Seminars & Workshops	<ul style="list-style-type: none">✓ Access to live Seminars & Workshops✓ Monthly Live Coaching Conversation
	<p>£8.99 month</p>	<p>£39.99</p>

Frequently Asked Questions

Q1. HOW DO I TAKE PART IN CHALLENGES?

Challenges are accessed through the Rider Lounge. There are mini challenges that are one offs and sets of tasks forming a challenge series. They are open to everyone. Explore here.

Q2. HOW DO I USE THE LIBRARY

There is a drop down menu with the topics on the left hand side. You will be able to see all the topics that are open for everyone to read and discuss in the lounge. Access the Library here.

Upgrade to Gold Membership to unlock more articles .

Q3. HOW DO I POST IN THE LOUNGE?

It would be great to chat in the Lounge. You can click through here and once there, have a look at the welcome post with more signposts to conversations you might enjoy.

Q4. HOW DO I CONTACT THE CLUB COACH?

Post your query in the Rider Lounge and Alison will respond as soon as possible. You are also welcome to email Alison directly. If you are active on social media do connect with Alison through her social profiles. See the Let's Connect page for details.

Q5. CAN I UPGRADE MY MEMBERSHIP?

Please do upgrade to Gold Membership where you will be able to access lots more articles, resources, coaching sessions and events.

Frequently Asked Questions

Q6. HELP I DON'T REMEMBER MY PASSWORD?

The quickest solution is to go to the log in screen and click on the forgotten password tab to request a new one. You can then reset your password to one you find easy to remember. .

Q7. HOW DO I USE THE APP?

First Download the Kajabi App. Then log on using the email you signed up with and you will be able to access your Equestrian Heroes Content in the App.

Q8. HOW DO I INVITE MY FRIENDS?

Simply use this [link](#) to share all the information they need to join the fun!

Q9. HOW & WHERE DO I FIND EXTRA RIDER RECORD SHEETS?

Look for the pinned post with the DOWNLOAD button to access extra sheets.

Q10. WHAT IS BITE SIZED LEARNING?

Alison explains "I noticed that as Coaches we sometimes want to share our knowledge with our riders in lessons where the amount of information can be overwhelming. So I designed the library and the Member short courses to give riders access to bite sized chunks of knowledge they could learn and apply easily. The articles are written to be quick reads so that you can fit the learning around your busy schedule."

LET'S CONNECT

Join me in the Rider Lounge to talk about your horse, discuss schooling exercises and share your progress. You are welcome to email me to ask your burning questions.

Follow me on social media too.



www.equestrianheroes.com



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www.equestrianheroes.com



INSTAGRAM

@ALISONKENWARD



FACEBOOK

@ALISONKENWARD



X

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