



### **Four Hour Equus Coaching Experience**

Sample Time: 8:30 AM to 12:30 PM

- 8:30 – 9:00 AM Welcome to the ranch
  - Ω Tour of grounds/barns
  - Ω Meet horses
  - Ω Identify location of bathrooms, water, supplies
- 9:00 – 9:30 AM Sit at picnic table by arena to plan time together
  - Ω Coffee/tea/water
  - Ω Documents needed (e.g. waiver, contract)
  - Ω Discuss coaching session
- 9:30 – 10:00 AM Go to barn to select horse – halter, groom
  - Ω Safety demonstration in the barn
- 10:00 - 11:00 AM Take horse to round pen for coaching session
  - Ω Coaching
- 11:00 – 11: 30 Return horse to stall and return to picnic table to debrief
  - Ω Discussion
  - Ω Snack/water
  - Ω Journaling
- 11:30 – 12:00 Noon Nature walk – with or without horse
- 12:00 – 12:30 Return to picnic table to close and discuss next steps

### **Three Hour Equus Coaching Experience**

Sample time 8:30 AM to 11:30 AM

- 8:30 – 9:00 AM Welcome to the ranch
  - Ω Tour of grounds/barns
  - Ω Meet horses
  - Ω Identify location of bathrooms, water, supplies
- 9:00 – 9:30 AM Sit at picnic table by arena to plan time together

- Ω Coffee/tea/water
- Ω Documents needed (e.g. waiver, contract)
- Ω Discuss coaching session
- 9:30 – 9:45 AM Go to barn to select horse – halter
- 9:45 – 11:00 AM Take horse to round pen for coaching session
  - Ω Safety demonstration
  - Ω Coaching
- 11:00 – 11:30 Return horse to stall and return to picnic table to debrief
  - Ω Discussion
  - Ω Snack/water
  - Ω Discuss next steps
  - Ω Close

### **Two + Hour Equus Coaching Experience**

9:00 AM to 11:15 AM

- 9:00 – 9:20 AM Welcome to the ranch
  - Ω Tour of grounds/barns
  - Ω Meet horses
  - Ω Identify location of bathroom, water, supplies
- 9:20 – 9:45 AM Sit at picnic table by arena to plan time together
  - Ω Coffee/tea/water
  - Ω Documents needed (e.g. waiver, contract)
  - Ω Discuss coaching session
- 9:45 – 10:45 AM Take horse to round pen for coaching session
  - Ω Safety demonstration
  - Ω Coaching
- 10:45 – 11:15 AM Return horse to stall and return to picnic table to debrief
  - Ω Discussion
  - Ω Debrief
  - Ω Next Steps