



Experience Equus-coaching

Self-
Development

Discover the equine guided empowerment enabled through the relationship human & horse. Open up new perspectives and possibilities for your self-development!

1/2 Day Workshop

Contact me to be notified on the new dates

Take back control

The mind over controls our life and increases the level of stress. Let the horse help you reconnect with your emotions and listen as well to your heart & body to take decisions based on what really matters to you.

Accessible to all

The interaction with the horse takes place on the ground. No horse experience needed; no horse-riding involved. Animal fears are even a great opportunity to work gently and safely on the outside of your comfort zone.

What's in it for you?

Equine Guided Experienced Coaching will support your professional and personal development. You'll learn about yourself, experience life transitions, reconnect to your passion, gain confidence and enhance your social interactions and relationships.



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