



BeHerdSM

An equine-assisted activities program designed to instill self-confidence in people of all ages.

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About BeHerd

Hello! What began as a new adventure in my own life, one of adopting and riding a rescue horse, has transformed into a program to assist others in finding their path to self-confidence. Horses are magical and magnificent creatures and offer a wonderful partnership



in our journey as humans. One of the truly important parts of any successful endeavor is to assess our own herds, the people we choose to be in our life. The BeHerd program partners with horses and offers a

forum for conversation regarding our own choices in our lives. Partnering with a horse on the ground, we discuss the herd mentality, vision and respect. Participants are able to verbalize their thoughts while grooming the horse and discussing their current and future "herds."

To be heard (BeHerd) out loud, to know that we are aware and truthful in our successes and failures and can incorporate the support, guidance and assistance of others when we need it is vital to achieving our goals in life.



I hold a Graduate Certification in Animals and Human Health from the University of Denver and a Coach Practitioner Certification from The Coach Training Academy, accredited by the ICF. I partner with my rescue horse, Dancer, and am able to transport her to your facility or, if there are horses on your property, I am happy to partner with one of your own to conduct the program.

Participants first learn about Dancer's story and basic safety rules around horses. Next, we discuss some details about horse vision, and, using this in a metaphorical context, we relate it to our vision, what we see around ourselves and how to best understand and be aware of our surroundings.

Finally, we discuss respect using a horse's sense of that concept. We discuss and write down our "Top Five," the



top five individuals we choose to spend time with from day to day. Research has noted that these five individuals define our life and our choices are very important to enhancing our self-confidence.

Please contact me to schedule a visit! I look forward to a fun and interesting adventure with your group!

Thank you!

Cathy

