

# Our Dream Team

*'Life is a team game – sharing your trials, tantrums, trauma's & triumph's keeps us connected.'* Suze Kenington

Me	Our Team
<p><b>Psychological Support</b>  <b>Provides:</b> sounding board, fresh perspective, new ideas, good questions that help you look at things differently, out of the box thinking, ways to get you 'unstuck', holds you accountable when you wobble</p> <p><b>Skills required:</b> Creative, wide range of experience, brave, unconventional</p> <p><b>Potential applicants:</b> spouse, close friends, therapist, mindset coach, riding instructor</p>	
<p><b>Emotional Support</b>  <b>Provides:</b> listening ear &amp; heart, a shoulder, celebratory/commiseratory wine/chocolate/tissues/hug, comments like 'go you good thing' or 'yeah, that is a hard'</p> <p><b>Skills required:</b> Good listener, non-shaming, compassionate, non-judgemental, worldly, won't hijack conversation to talk about themselves, patience, able to celebrate your progress without jealousy or envy, models emotional agility, resilience and self-motivation in the face of challenge or joy</p> <p><b>Potential applicants:</b> spouse, close friends, therapist, meditation teacher, mindset coach, riding instructor, energy healer</p>	
<p><b>Physical Support</b>  <b>Provides:</b> Skills that develop &amp; maintain my body</p> <p><b>Skills required:</b> Knowledge of how my body is used when I am riding well so they know what I need to focus on strengthening, suppling &amp; balancing symmetrically; good communication skills to impart that knowledge; patience</p> <p><b>Potential applicants:</b> riding instructor, doctor, pilates instructor, masseuse, physio, personal trainer, exercise buddy</p>	

# Our Dream Team

My Horse	Our Team
<p><b>Mental, Emotional &amp; Physical Support</b> <b>Provides:</b> Skills to support the development &amp; maintenance of the physical (all body systems), emotional (including social and relational needs), psychological (including how they learn) &amp; spiritual well-being of my horse</p> <p><b>Skills required:</b> extensive knowledge of a horse needs; knowledge of how to strengthen, supple &amp; balance all systems including skeleton, muscles, hooves, fascia, nervous system, organs, emotional body, mental body through touch, feeding, medical &amp; chemical intervention, education methods, animal husbandy, animal communication, sharing space; good communication skills to help me learn those skills wherever possible</p> <p><b>Potential applicants:</b> riding instructor, vet, body worker, hoof care professional, animal communicator, animal behaviourist, energy healer</p>	