

Katherine Walter

Equestrian Performance Coach

BA(Hons),BHS APC Senior Coach, UKCC3 sports coach, BD listed Judge,

NLP Practitioner

NEW SKILLS - NEW INSIGHTS - NEW HORIZONS –TRANSFORM YOUR RIDING!

"if you always do what you've always done, you'll always get what you've always got"

Katherine's coaching is based on her years of training and working with the British Horse Society, British Dressage and British Eventing. She has also studied the 'Ride With Your Mind' methods of world-renowned biomechanics expert, Mary Wanless and her study of Equine Learning Theory as taught by Dr Andrew McLean. Katherine teaches performance riding methods and lectures to students in the UK, from her own yard and across the country, both in the classroom, on horseback and using a state-of-the-art 'mechanical' horse.

Katherine can solve riding problems across the whole spectrum and builds confidence from learning to walk, trot, canter and jump to competing at your own level.

In the UK, Katherine's clients range from the novice/total beginner to club and affiliated competitors in dressage, show jumping and eventing.

Katherine tailors her coaching to finding specific solutions within the rider's own seat to enable a positive effect in the horse. She specializes in assessing and teaching symmetry, developing the rider's core strength and the application of biomechanics to the horse and rider. Having studied NLP (Neuro-linguistic programming) and sports Psychology she is particularly good at building up her clients self-esteem, confidence and realistic goal setting.

"My aim as a coach is to give the rider the 'tool kit' to help them understand and gain control over their body", she says. "This then enables them to ride in partnership with their horse and to have influence rather than just being a passenger. My aim is to deepen the rider's feeling of engagement within themselves thus leading to a better understanding and feeling of engagement with their horse."

"A centered balanced rider with good awareness of her body and that of her horse can help her horse move with balance and freedom of motion".

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Cover East Anglia. I live on the Norfolk/Suffolk Borders.

