



FREE Excerpt  
#2

WHAT'S YOUR RIDING STYLE?

*Riding*  
STYLES



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## **Excerpt 2: Riding Styles: The Guide to Getting a Breakthrough Relationship with Your Horse**



### **Chapter 1: Understanding the Riding Styles Model**

Your horse knows a lot about you; you would not need the riding Styles assessment or book if your horse could tell you all the things that you do that discourage or encourage, delight or bother them. The Riding Styles Assessment allows you to consider your own natural style and its inherent strengths and challenges. Most importantly, you can zero-in on your unique “blind spots”—those behaviors you don’t even think about.

Imagine what it could mean to your horse to be more aware of these traits—and to work on improving your impact to improve your relationship with your horse.

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*Jenny can't get to the barn often enough. She often thinks about her horse during work hours or when she is busy helping her family and friends. Jenny starts feeling guilty about her absences. She knows that she needs to make some decisions about her horse, and puts them off.*

*When she does finally arrive at the barn, Jenny spends a lot of time "grazing and praising" instead of riding her horse. It's just easier to forego getting out that big, heavy saddle. Her horse has been gaining weight and seems bored standing around all day in his stall and small turnout area. Jenny is certain that she needs to put more effort into riding like she used to—but where to find the time?*

*If Jenny could take The Riding Styles Assessment, she might discover that her profile is one that values empathy, agreeableness and support. At the same time, she may find it difficult to make tough decisions, set long-term direction or put her needs to see her horse first. Jenny's Riding Styles is an "I" Influential, Persuasive and Friendly Style. Her style can both assist as well as hinder her as she faces an uncertain future with her horse. Knowing her profile could help Jenny identify the actions she could take to resolve her current dilemma.*

The Riding Styles Assessment can help increase your self-awareness faster by revealing your preferred approach to horses and how you over-or-under-use alternative approaches. The Riding Styles Assessment is based on DISC theory, and can quickly give you information on your strengths, challenges, and blind spots. There is no "best style," instead, think of the styles as being preferences. Then consider how each preference can add value and create challenges at the same time.

The Riding Styles Assessment encompasses four main styles:

### **The Four Riding Styles**

***The Dominant, Direct and Confident Preference "What's our next challenge?"***

If you fall into the Dominant area, then you perceive yourself as more powerful than your horse. You may also see the need to take charge of situations that seem unfavorable, being decisive and acting when needed.

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***The Influential, Persuasive and Friendly Preference “Let’s create harmony together.”***

If you fall into the Influential area, then you perceive yourself as more powerful than your horse, and being an optimist and hoping to see things favorably, you employ friendliness, persuasion and compassion to engage your horse.

***The Steady, Calm and Consistent Preference “It’s important to create calmness and consistency.”***

If you fall into the Steady area, then you see yourself as less powerful than your horse, but you also view your relationship as favorable. Your focus on details and consistency help maintain a steady approach that won’t disrupt a consistent approach.

***The Conscientious, Precise and Detailed Preference “Let’s improve this and get it right!”***

If you fall into the Conscientious area, then you perceive yourself as less powerful than your horse, and you often see a need to improve unfavorable conditions. Your priorities are channeling your energy into carefully improving problems and challenges with your horse.

**Your Style Preferences: A Reflection of your Perception, Values and Preferences**

Your Riding Styles profile is a result of your personal and individual skills, values and preferences. There is no one “best” style. Your style has carried you through some rough water—it has been your best friend and sometimes your worst enemy. For example, if your style is *S-Steady, Calm and Consistent*, you may excel at calming an anxious horse, be exceptionally patient during the training process or notice details that others may miss. On the other hand, you may be slow to change an approach you feel comfortable with, even when it is in your horse’s best interest to do so.

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