



FREE Excerpt
#3

WHAT'S YOUR RIDING STYLE?

Riding
STYLES



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Excerpt 3: Riding Styles: The Guide to Getting a Breakthrough Relationship with Your Horse

The Four Riding Styles: Guess Your Style!

Take a look at the four Riding Styles and their corresponding strengths and challenges.

What do you think your style is? Possibly, you have two styles, a main style and a back-up:

STYLE TYPE	STYLE CHARACTERICS
<p>D</p> <p>DOMINANT Direct & Confident</p>	<p>STYLE STRENGTHS</p> <ul style="list-style-type: none"> • Is a bold risk taker with horses • Is firm with horses • Uses and value unique and creative approaches with horses • Can be motivated by competitions and success <p>STYLE CHALLENGES</p> <ul style="list-style-type: none"> • Can be somewhat impatient and expect too much too quickly • Focus on results at the expense of the relationship • Can be harsh when a light touch is needed • Can forget about small details that are important
<p>I</p> <p>INFLUENTIAL Persuasive & Friendly</p>	<p>STYLE STRENGTHS</p> <ul style="list-style-type: none"> • Is enthusiastic and lively around horses • Places a high value on their relationship and communication with horses • Is helpful to others and their horses • Is an excellent care giver <p>STYLE CHALLENGES</p> <ul style="list-style-type: none"> • Can be overly concerned with pleasing horses and humans • Can forget to take care of their own needs • May have a hard time holding bottom lines; may give in too often • Can be inconsistent when training horses
<p>S</p> <p>STEADY Calm & Consistent</p>	<p>STYLE STRENGTHS</p> <ul style="list-style-type: none"> • Works as a collaborator with horses • Is loyal to their horse • Goes out of their way to help their horse • Can be described as calm and patient with horses • Is aware of important and needed details when working with horses <p>STYLE CHALLENGES</p> <ul style="list-style-type: none"> • May resist change even when it is needed • Can have a hard time taking short cuts • May struggle to speak up and assert themselves • May have difficulty standing their ground
<p>C</p> <p>CONSCIENTIOUS Precise & Detailed</p>	<p>STYLE STRENGTHS</p> <ul style="list-style-type: none"> • Is very systematic and accurate with horses • Can be very observant of their horse and their surroundings • Tends to be intentional and careful around horses • Likes to get it right-as perfect as possible <p>STYLE CHALLENGES</p> <ul style="list-style-type: none"> • Can resist doing things any way other than their "own way" • Tends to see the flaws in themselves and their horse • Struggles with voicing their concerns • May be fearful when things are perfect enough

Questions to Consider

When you consider your own style, what are your strengths when it comes to working with and riding your horse? How have they helped your horse, and your developing relationship?

How can you give yourself credit due for this strength? Let's look at the styles that you did not choose. How can you be more mindful of the need for these styles when the occasion arrives?

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