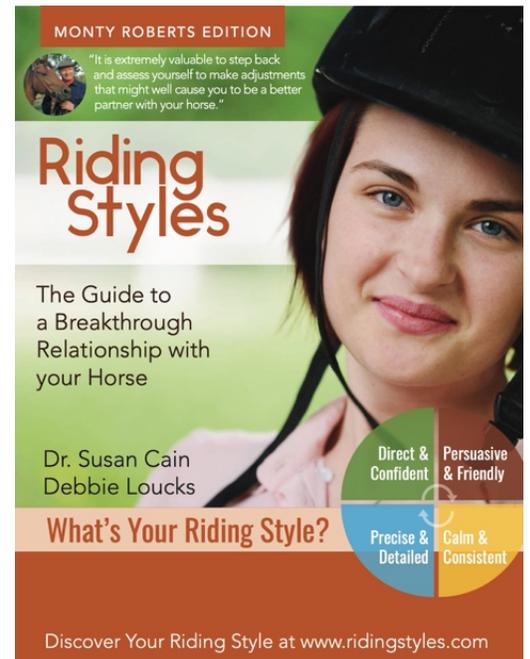


Riding Styles

About the New Riding Styles Assessment for Equestrians

Quick Reference Guide



1. What is the Riding Styles Assessment?

The Riding Assessment is the first of its kind was created by a team of experts as a learning tool. Dr. Susan Cain came together with Dr. Martin Gross of *Online Work Solutions* and Debi Giese of *Mode Design* to develop the first-of-its -kind assessment for horse lovers.

The assessment helps equestrians across all riding disciplines identify how they prefer to approach their horse. As a learning tool, equestrians can learn to appreciate their strengths and to manage their challenges.

2. What will I learn about myself?

The Riding Styles Assessment was created to provide the first assessment of its' kind based on a valid, reliable tool. We based our assessment on the DISC model, a personal development tool for understanding your personal approach, strengths and challenges. The model was developed by Dr. Fredrick Marston. The Riding Styles assessment focuses on four style preferences:

- Direct and confident
- Persuasive and friendly
- Calm and consistent
- Precise and detailed

We talk about preferences because we can all flexibly adjust our preferences to accommodate a situation that arises with our horse.

The assessment allows you to learn to flex your style and create an action plan to get the best relationship possible with your horse.

For example;

Direct and Confident Style: if you are a very direct, and confident equestrian, that may help you focus on a result you want to get – and possibly hinder the need for patience.

Persuasive and Friendly Style: If you are persuasive and friendly equestrian, you probably are quite sensitive to your horse's needs – possibly at the expense of adhering to goals you really want to achieve.

Calm and Consistent Style: If you are calm and consistent you may value security and a “no surprises” approach at the expense of changes that could improve your own or your horses' skills and abilities.

Precise and Detailed Style: If your style is precise and detailed you probably value analyzing and improving yourself and your horse towards a near-perfect level at the expense of going with the flow and remembering to accept imperfections.

3. Once I know my Riding Styles Profile, how can it be useful with my horse or with horses in general?

As equestrians, we are all unique. I may love horses for very different reasons than you—and my approach and skills are also uniquely my own, as are yours.

The idea is to grab ahold of what give you joy and purpose as an equestrian, and to adapt your style and know when you are operating on a “blind Spot.” A blind spot can happen when you are not conscious of your impact and are over-or-under-employing a style needed at the time.

Think about what the ideal relationship with your horse would look like. Are there times when you are too demanding, or not demanding enough? Can you sometimes be too critical of yourself or your horse, or so accepting of all faults that it contributed to a bigger problem? If you answered yes to either question, you could be operating in a blind spot.

The Riding Styles Assessment will help you identify these occasions, and become more aware of your motives and behaviors.

4. What is the Monty Roberts Edition of The Riding Styles Assessment?

Dr. Susan Cain has teamed up before to extend Monty's concept of trust-based horsemanship to two books, *Life Lessons from the Man Who Listens to Horses*, a *Field Guide to Inspire Your Own Journey*, and *Horse Sense for Leaders: Building Trust-Based Relationships*. The author feels that the time is right to help equestrians do what Monty suggests; be a better partner to your horse.

5. Where can I access The Riding Styles Assessment?

The assessment is available now at www.ridingstyles.com at an introductory cost of \$9.99. You can see a sample assessment and obtain more information there.

We are adding more resources, study guides and other materials in the near future.