



EQUINE ASSISTED COACHING

Wellness Life Coaching...and more

ARE YOU READY TO TAKE STEPS FORWARD?

PERSONAL AND PROFESSIONAL GROWTH

EQUINE ASSISTED COACHING

Depending on your goals, the Ranch offers equine programs to assist you on your journey. No horse experience is necessary. Sessions use the natural instincts of horses to assist the clients in find and removing roadblocks. Mounted and unmounted programs are available.

LET THE HORSES DO THE TALKING

The horse gives feedback throughout the session while being guided by your coach. You will learn how to listen to the horse as they challenge your own limiting beliefs, ideas and encourage you to embrace a new path. Horses have essentials that they need to survive and they will help you uncover yours.

SELF PACED AND DESIGNED FOR YOU

These individual sessions are designed specifically for you! Based on your goals, the sessions will be guided by your coach. All of the spaces provide physical and emotional safety.

ENGAGES MIND, BODY AND SPIRIT

Coaching Sessions address the mind, body and spirit. Sessions can be a combination of energetic releases, somatic movements and can involve Christian focused prayer/ meditations. The MACE Energy Method sessions provide insight into what is blocking anything that you are trying to create in your life.

Note: These sessions are not a substitute for professional counseling or medical care. Even though they are a complementary service, clients experience a reduction in stress while improving their health.

Amazing change can happen when the human soul connects to a horse. The Ranch is excited to offer these **Equine Assisted Coaching Sessions** as a way to embrace self care or to remove negative blocks that have been holding you back in business, relationships and life. A horse's nature will reflect back what a person is experiencing inside. They are a "mirror" to the soul and can show us things that need to be changed.

All sessions start with an intake that allows you to create goals for your sessions. Our team is committed to helping you reach your goals. Our collaborative approach with Wellness Wheel Professionals allows you to have options along your journey.



- Relationship Challenges
- Business/Leadership Challenges
- Creative Insecurity/ Self Discovery
- Previous Riding Trauma
- Emotional Outlet
- Spiritual Guidance

CONTACT OUR TEAM TODAY
info@BitofHopeRanch.org



LAURA LAYTON



LMCH
Certified Life Coach
Licensed Biblical
Counselor

MACKENZIE HUFFMAN



Equine Assisted
Herdmanship U

MINDY MILLSAPS



Equine Assisted
Herdmanship U

MEG VANDERBILT



Equine Assisted
Herdmanship U
MACE Practitioner
Emotion Code CECP