

Welcome to my newsletter for Spring 2022!

Success is the achievement of a goal, so we need to know what our goals are to know when we succeed. Once we know the goal, a plan is always a great help, even if you have to revise it along the way. I have been planning for myself, and also noticing ways in which my business can help you with your plans, and with achieving your goals.

I hope you will find a little bit of fun, and little bit of help here. Do please email me, or phone, if you are curious to find out more about anything you read here.



PLANNING FOR SUCCESS

“A goal without a plan is just a wish.” Antoine de Saint-Exupery

“Good planning without good working is nothing.” Dwight D Eisenhower

What are your goals this year?

Mine are all to do with fitness – for myself, my ponies, my dog and my business!



Goal-setting workshops with Alex Richards.

If you are not clear about your goals, you might enjoy one of the workshops that Alex has run to help you set riding, and other horse-related, goals.

These are usually at a weekend, and last around 2 hours.

If you would like to know dates of the next workshop, contact Alex directly on 07974 406 535

How will you track your progress, and know when you have succeeded?

The more specific the goal, the more obvious it is that you have reached it. The goals I stated above are very vague; I need to think of more specific outcomes to know if I have succeeded.

What will success look like?

More specific business goals could look like this. I want to help an extra 50% animals compared to last year; and I would like to have 90% of owners report noticeable improvement after the therapy.

Are your goals specific enough to measure, and give a clear idea of what success will look like?



What plans do you have to help you achieve your goals in 2022?

My plans include workshops that will

- support horse owners in introducing targeted exercises into their routine with their horse;
- help owners identify and track markers for musculoskeletal health of their horse.



I will be starting a pilot run of the first workshop 'Fit Together' (see below) in early March. A maximum of 4 places are available at a 50% discount in return for regular feedback.

Phone me on 07775 808 314 if you might be interested in one of these places and would like more details.

Fit Together – building your horse's musculoskeletal health.

Is your horse in pain without you knowing?

It is sad that studies have found unrecognised lameness could affect 50% or more of ridden horses. Simple conditioning exercises can help prevent and relieve this problem. When used effectively, they can therefore help avoid unnecessary pain for your horse, and unnecessary vet consultations. My new Fit Together Programme has the building blocks you need to create and follow through an effective plan of exercises.

- 6 Zoom sessions (1 per week) to identify essentials of movement and muscular health, strategies for effective exercise, and to formulate a plan that is especially suited to your particular situation.
- Free use of an App during the following 12 weeks, as you put your plan into action, to provide you with a daily reminder of exercises, and an easy way to record and track progress.
- 4 private 1-1 phone calls (max 15 minutes) to help with any difficulties.

What's new for me?

I have been revisiting my computer programming skills, learning a new software package, and devising the prototype of the App for the Fit Together Programme.

Did you know?

The saying "The best laid plans of mice and men" comes from the poem To A Mouse, by Robert Burns.