

Meeting Notes

Learning Frame of Mind, Physical Balance & Expanding the Comfort Zone

Introduction

This meeting explored the relationship between emotional readiness and physical ability, explaining why these must be viewed separately during training.

Learning Frame of Mind

A horse that is calm, focused and cooperative is mentally ready to learn even if physical coordination is still developing.

Choosing Exercises

Changing exercises, such as moving from hand walking to long reining, can immediately improve focus by providing the right level of support.

Three Zones

Comfort Zone, Not Too Sure Zone and Fear & Chaos Zone provide a framework for deciding when to progress and when to reduce pressure.

Expanding Confidence

Confidence grows by working near the edge of comfort without tipping into a stress response.

Physical Balance

Once the horse is emotionally settled, mistakes become information about balance, coordination and strength rather than behaviour.

Huckleberry

Improved lightness and responsiveness showed growing trust and improved physical coordination.

Trailer Loading

Each stage of trailer loading should become part of the Comfort Zone so loading remains voluntary and relaxed.

Long Reining

Long reining improves straightness, hindquarter engagement and balance while supporting the horse through new movement patterns.

Lateral Steps

Lateral hind leg steps help stabilise the pelvis, improve hip mobility and encourage healthier movement.

Sadie

Sadie demonstrated excellent emotional readiness while continuing to improve physically through long reining.

Key Takeaways

Trust, patience, emotional awareness and thoughtful progression produce lasting improvements in confidence and balance.