

The Equus Experience FAQ's



What is Equus Coaching?

Equus Coaching is a fun, efficient, precise, and quite magical personal and professional development experience that helps you clarify your intentions and refine your own authentic communication style. Because horses are extremely sensitive prey animals, they provide immediate feedback about the way you communicate with the world around you. Facilitated by a skilled Equus Coach, your time with a horse will illuminate your strengths and reveal where you may feel stuck or unclear.

What will my investment provide?



This day-long workshop will include individual and group activities (with horses), individual coaching, and complimentary learning materials. Fresh catered snacks, lunch, and drinks will be provided.

Will riding be involved?

No. All workshop exercises and interactions with the horse will be on the ground.

I don't have any horse experience and I'm a bit nervous around these large animals. Can I still participate?

Absolutely! Whether you're a "horse person" or a novice, you will find Equus Coaching to be a unique, transformative experience. We will be partnering with gentle horses and safety measures will be demonstrated and employed. That said, throughout the day we will encourage you to lead your own experience by participating as little or as much as you are comfortable with.

What do I need to bring/wear?



Wear casual, seasonal clothes like jeans. Bring layers that you don't mind getting dusty or dirty. Comfortable, CLOSED-TOED shoes such as tennis shoes or light boots are required. No open-toed shoes! A hat, sunglasses, and sunscreen are recommended as most if not all exercises will be outdoors.

Where can I find out more information on Equus Coaching?

Both Renee and Dixie were trained and certified by Koelle Simpson. Koelle was a student of world-renowned equine trainer and best-selling author Monty Roberts, known as "The Horse Whisperer". In August, 2013, O, The Oprah Magazine, published an article written by Dr. Martha Beck spot-lighting Koelle Simpson and her Equus work. You can read the article here: [Oprah Magazine Article](#)

You can also watch Koelle Simpson's TEDx talk on YouTube: [Click Here](#)

Meet Your Facilitators



Dixie St. John is a Certified Martha Beck Master Coach and Certified Equus Coach who teaches in the Martha Beck Life Coach Training program. With a background in thanatology (death and dying) and work in geriatric care, Dixie has extensive experience with grief and end-of-life support. Her passion is helping her clients embrace, navigate, and grow through life's "in-between" places following loss or transition. *"My Equus work has shown me how to be profoundly present – both with myself and with my fellow human beings. Where I once looked to external circumstances to define and explain my life experience, through the mirroring feedback of horses, I've learned to turn inward and recognize the power that is innately and uniquely mine. From this place, I am able to truly lead with authenticity, clarity and purpose."*

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"Equus coaching is truly one of the best experiences I have ever had in terms of recognizing parts of myself that I needed to change. Dixie is a gifted coach with "laser beam" intuition. She is kind, non-judgmental, and wise. I highly recommend time spent with her." ~ Elaine Leibsohn



Renee Sievert is an author, speaker, and consultant with over 30 years of experience. She is a Registered Nurse, holds an MA in Counseling Psychology and is a Licensed Marriage and Family Therapist (MFT). Renee is a Certified Master Coach, and a Master Equus Facilitator and specializes in the areas of executive leadership and team development. Renee's Equus workshops include a unique way of assessing their self-awareness, leadership presence, communication skills, and team dynamics as they interact with horses. In addition to her work with Sievert Services and the P.Link Coaching Center for Excellence, Renee is on the faculty of San Diego State's Academy of Professional Excellence, and UC Davis's Northern Training Academy. Renee She was honored in 2009 at the Tribute to Women in Industry (TWIN) awards in San Diego, CA.

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"It's amazing how much Nature can teach us if we just pay attention to the lessons. Having a facilitator like Renee was really enlightening. She was constantly observing and saying things like "what's your body saying to the horse?" or "where is your focus?" Think about how you show up in the world and how you are being observed. Pay attention. You can change more than you think you can." ~ Cathy Graham

**To register for Life is a Verb
Pre-Camp - Equus Experience
On September 24, 2015 * [Click Here](#)**