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LIFE COACHING UTILIZING HORSES

# CONNECT

With Dionne Görtzen

IN THE SUMMER OF 2019 A NEW STYLE OF LIFE COACHING STARTED TO MANIFEST ITSELF IN CAIRO. EQUINE COACHING IS A NEW PHENOMENON THAT HAS SHOWN AMAZING RESULTS IN PERSONAL AND BUSINESS DEVELOPMENT.

Finding its origins in America and already widespread in Europe, this new experience is now found in the heart of Egypt.

The Dutch entrepreneur **Dionne Görtzen** flew her horse **Silver** over from the Netherlands in August 2018 to start her business here in Cairo.

After a career as a primary school teacher, Dionne decided she wanted to do more with her life and in summer 2019 she finalized her post-bachelor as Equine Coach in the Netherlands. Ready to start coaching!

At a certain moment in life, we get all stuck and then we should ask ourselves:

**'WHAT IS MY WISH? WHERE/WHO DO I WANT TO GO/BE?'**

Coaching is becoming a more prominent part in our lives, as every individual wants to get the best out of themselves. This can either be on a personal or professional level.

#### WHY IS THE HORSE SO IMPORTANT IN THIS?

**The connection** between humans and horses goes way back in history and horses have been our long-lasting companions, they have carried us through war and have helped us discover new lands. The original horse wasn't even capable of actually carrying us and horses have evolved to become more compatible to the human needs.

While studying the brain of the horse, scientists have found evidence of horses responding to human emotions and behavior. These mirroring neurons in the horse's brain help us now on a wider scale. Not only do we use horses for transport or riding, but we can also use them to become barometer to achieve better versions of ourselves.

Horses feel our emotions and because of their sharp intuition, they are the perfect co-coach in the ring. It is like a miracle how the horse responds to the slightest change of the human emotion.

Therefore the equine coach, can work much more specifically and towards much faster results than normal life coaches.

#### AN EXAMPLE IN THE PERSONAL COACHING

Ever had that feeling where your guts know the answer is 'no', but still you produce a very convincing 'yes'? As humans we can get deceived but the horse will understand the actual 'no'.

#### BUSINESS RELATED QUESTIONS


What kind of 'boss are you? How do you and your body language influence your team? Where can you grow? What is your wish and where do you see yourself? How do you and your partner actually work together?

#### CAN EVERY HORSE BE AN EQUINE COACH?

Sadly, the answer to this is no. Just as every human has their own character and one is more intuitive as the other, horses are the same. Some horses are hard physical workers, where others are the perfect horse to coach with. Something else to keep in mind is that every coaching horse has their own special treat, where some better respond to strong (human) egos, other horses find their strength in connecting to people with insecurities or even with certain disabilities. One thing every coaching horse does have in common is their patience.

We cannot teach the horse to be a coaching horse, by observing the horse we can decide if the horse is capable for coaching and for what kind of personal or business development we can connect the horse to.

Humans have always had a strong connection to horses and 'Connect' is proud to present that our **Equine companions** now also can help us at a more personal level.

And the most amazing thing about equine coaching, no one needs any previous understanding of horses to be capable of growing immensely during the sessions. 

#### CONTACT INFORMATION

[www.connect-ec.net](http://www.connect-ec.net)

Facebook: [connect equine coaching](#)

Instagram: [connect-equinecoaching](#)



## SPECIAL OFFERS



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