

Amanda Clifford

ACE Coaching – See and feel the difference

Saturday 22nd May 2021

Pole Gym Sessions in the morning and “Relaxation & Suppleness” sessions in the afternoon

Maximum of 2 riders allowed per session. **PLEASE NOTE!** Nominate will only allow one person to book a session. So, if you have a friend that wants to join you, they don't need to book through Nominate, they can just pay you directly for half of the session.

Cost: \$90 per session

Duration: 45 minutes

Nominate on [Nominate.com.au](https://nominate.com.au)

All about Amanda...

Introduction

I'm Amanda Clifford and I'm a fulltime, freelance Equestrian Coach based on the Sunshine Coast.

I predominately coach riders in regular private lessons, 1 to 1, at their homes/agistment facilities, local indoor arenas/showgrounds etc and the State Equestrian Centre.

As well as Private Lessons, Clinics, Talks, Group Sessions, Workshops etc are available for Clubs, Associations, Groups and Agistment Centres etc. All can be tailored around a wide variety of topics to suit.

Theme

ACE Coaching - See and Feel the Difference.

This statement projects my intention to bring about rider's observing and feeling improvement in their horse's way of being and way of going.

Accreditation

Equestrian Australia affiliated, experienced, empathetic and holistic equestrian training.

Business contacts

ACE Coaching has a registered TFN and ABN, business card, an email acecoaching101@gmail.com and mobile number 0407460413.

Professional and Personal Social Media

I have a media platform based on Facebook for sharing content I like to Aus. based enthusiasts, the closed group, DRESSAGE><CONNECT.

Feel free to request to join.

Riders are always welcome to locate my Personal Facebook Profile too and 'friend' me at any time and communicate via Messenger too.

Goal

My main goal and efforts are in supporting individual horse owners to develop enjoyable and satisfying relationships with their horses.

Focus

My particular focus is on rider education, as I coach riders to care for, train and develop their own horses. I coach rider's to see and feel the benefits of prioritising their horse's needs both physical and mental, according to equine ethology.

Advocacy

I consider myself an advocate of the horse and strive to increase rider's understanding of what may be happening re behaviour and movement/s etc, with detailed yet clear explanations of why and most importantly, how to plan for improvement.

ACE Coaching's Holistic Approach

My thoughts and beliefs have been described as "A Different Perspective" and "Horse-Centred".

It may be because I am unwavering in trying to put the horse's needs first and am not motivated by anything else. I encourage clients to consider my coaching as encompassing all aspects of the horse's ridden/unridden experiences and care/management aspects, as I know them to be interrelated and important to consider in planning the learning/training activities and exercises etc.

ACE Coaching Priorities

I prioritise the horse's; sense of physical balance, breathing, nervous system, confidence, understanding of requests/cues and ultimately their comfort. I consider these key to achieving any quality at all in the human/horse interface. A horse who has these elements prioritised has the physical and mental capacity to fulfil inhand and ridden tasks.

Knowledge and Experience

I draw on my many years as; a horse training enthusiast, an active student for many decades of all thing's 'Dressage', multiple horse owner for over 40 years, employee of a physical rehab therapist, education/teaching career, client of many high level coaches and years of providing tips, instruction and coaching to help assist riders and their horses.

Fundamentals

I see all riders as benefiting from at least a basic knowledge of the principles inherent in; classical dressage, equitation science and biomechanics.

I would describe my preferred methodology, interpretations, and techniques as a fusion of all 3, as I see them as complimentary and interconnected.

Looking forward to meeting and coaching you and your horse soon.