

Personal Empowerment



Do you feel the need for more balance and strength in your life?
Do you sometimes

- lie awake at night worrying, or
- feel insecure, or
- think you can't be yourself, or
- get overwhelmed by the daily workload?

Do you get worried about worrying too much? That is even more frustrating!



How would you like to

- feel confident and strong,
- in touch with your emotions,
- have rewarding relationships with others,
- feel balanced and quiet,
- while being yourself ... at your best!

I can help you with that! By working with **the power of horses**.

Horses can teach us the art of being powerful, in balance, in connection with yourself and others, in the here and now. You can learn all this too, if you follow this training to

Empower yourself with Horsepower

Equivista is offering a new coaching program for self-empowerment, which helps you get the most out of your life. You will learn how to deal with things that throw you off your track and stick to your life goals.

This coaching program consists of several sessions, with horses and without, all aimed to help you. Coaching with horses is one of the most effective and fast methods to feel better about yourself. With the unique method "Cognitive coaching with horses™" we work structured and step by step towards more horse power in yourself and your life.

Make a free appointment and find out how I can help you start feeling the power of the horse. Contact me by email equivista@gmail.com, or call/whatsapp me at +297 5940345

