

# CLIENT INFORMATION PACK



## ABOUT



My name is **Alison Buttery**, and I'm a BHS Accredited Professional Coach (Stage 4) and Empowered Equestrian Coach™. As a certified NLP Practitioner and Coach, I work with riders at all levels who want to develop a positive mindset and build their riding confidence, using a wide variety of proven techniques and strategies, including Time Line Therapy(R) and Hypnotherapy.

I have extensive coaching experience working with riders and horses, and I've competed across British Showjumping, British Eventing and British Dressage. My passion lies in helping riders to become the best version of themselves, incorporating riding and mental skills, along with correct training of the horse based on ethical and biomechanical principles.

I have worked with a wide range of riders to help them manage and reprogramme their minds, so that they can enjoy their riding and achieve their equestrian goals. You can find out more on how to work with me via my website: [www.theeverydayequestrian.co.uk](http://www.theeverydayequestrian.co.uk)

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## LESSONS

Private and shared lessons are available at your own facilities on Thursdays, Fridays and Sundays (Adults only)

**1 Hour Private lesson - £40\***

**1 Hour Shared lesson - £25 (2 riders or more - maximum 4)**

Full payment is required if the session is cancelled within 24 hours for any reason.

## AREAS COVERED

**Derbyshire**

**West Nottinghamshire**

**East Staffordshire**

\*Outside of a 40 minute drive of DE139LZ, cost to be agreed depending on location & requirements.

## PAYMENTS

Payment can be made by bank transfer and must be paid within 24 hours. Failure to do so will result in future booked sessions being cancelled.

Your session will not commence if full payment has not been received.

**Name:** Alison Buttery

**Account Number:** 87420320

**Sort Code:** 60-83-71

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## CLINICS

We run regular polework, gridwork and jumping clinics at venues across the East Midlands. Please see our website for details and online booking

[https://www.theeverydayequestrian.co.uk/lessons\\_clinics/](https://www.theeverydayequestrian.co.uk/lessons_clinics/)

## RIDER MINDSET AND CONFIDENCE COACHING

If you're struggling with a lack of confidence around riding, or feel stuck in a negative mindset, I can help!

I offer online **1-1 Rider Mindset & Confidence Coaching**, where we explore your individual challenges, and work through a variety of techniques and tools to help you make positive progress. Follow the link below for more information:

<https://www.theeverydayequestrian.co.uk/rider-mindset-confidence/>

I also offer an signature online training programme specifically for riders called **Crack the Confidence Code**. Over the course of 12 modules, you'll learn exactly how to build a positive, resilient mindset, a range of tools and strategies to build confidence, overcome negative experiences, anxiety and 'what ifs', and learn how to become a calm, confident and positive rider.

For details about this programme, head over to:

<https://courses.theeverydayequestrian.co.uk>

## CONTACT

Please feel free to contact us!

**Email:** [info@theeverydayequestrian.co.uk](mailto:info@theeverydayequestrian.co.uk)

**Telephone:** +44 (0) 7973 788480

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## MAILING LIST

Why not join our mailing list to receive all our latest updates and regular newsletters! [CLICK HERE](#)

## SOCIAL MEDIA

**Website:** [www.theeverydayequestrian.co.uk](http://www.theeverydayequestrian.co.uk)

**Facebook:** @theeverydayequestrian

**Instagram:** @theeverydayequestrianuk

## TERMS & CONDITIONS

All clients will be required to complete the 'Rider Registration Form' before the lesson commences (see below)

Please ensure you and your horse are **tacked up and ready** for your lesson to start at the agreed time.

If you are running late for a session please inform me via text or phone call - **07973 788480** as soon as possible. It is occasionally the case that timings do not always go to plan and if I am running late I will text you as soon as I can to let you know.

If venue hire costs are applicable it is the responsibility of the rider to settle this payment before the start of the session.

**\*\* PLEASE NOTE - BODY PROTECTORS AND HATS WITHOUT FIXED PEAKS ARE COMPULSORY FOR ARENA EVENTING & CROSS COUNTRY LESSONS \*\***

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Riders must wear a correctly fitted & fastened riding hat, certified to a current safety standard (**PAS015, SNELL, ASTMF**). Please be aware that hats only carrying **EN1384** standard are no longer considered acceptable, and riders are strongly advised to seek professional advice on the suitability of their riding hat for their chosen activities.

Body protectors are optional for flat, pole, grid and show jumping clinics.

**\*\* CANCELLATIONS \*\*** Cancellations made less than 24hrs before the session, for any reason, will require full payment to be made.

**\*\* WEATHER CONDITIONS \*\*** Participants should assume that the session is going ahead as planned. In the case of serious adverse weather, we will contact you to rearrange a suitable date & time.

**\*\* MEDICAL CONDITIONS \*\*** Please detail any disability or medical conditions that may affect your ability to ride. This may include, but not be limited to, any back problems, conditions which can affect balance or blackouts/loss of consciousness/fitting. If you are unsure about any existing medical condition please consult your doctor.

Please complete the details via the **Rider Registration Form** below

**\*\* SOCIAL MEDIA \*\*** The Everyday Equestrian may take a selection of photos & videos throughout the session, which may or may not be used for posts on social media, and for inclusion in members-only online content via The Everyday Equestrian Academy.

## **BHS Horse Rider's Code of Conduct**

I understand that riding at any standard has inherent risk and that all horses may react unpredictably on occasions.

I may fall off and could be injured. I accept that risk.

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I understand that instructions are given for my safety and agree to follow instructions given to me.

I understand that wearing an appropriate riding hat and body protector may reduce the severity of an injury should an accident happen and agree that I will always wear a riding hat while riding

I understand that my riding instructor will make decisions based on the information I give them and agree to always be honest and volunteer information about my abilities and riding experience, any previous riding accidents and any medical conditions which may affect my ability to ride.

I understand that competing carries enhanced risk over and above general riding and agree that if I chose to participate in any competition or event, it is up to me to ensure that I have the experience and ability to undertake the ridden tasks including any jumps which form part of it. If I am in any doubt, I will use my judgement and experience and not enter.

I have read the **Horse Riders' Code of Conduct** and I understand that riding at any standard has inherent risk of injury. I accept that risk and agree that the Riding Instructor will not be liable for injury or damage to property unless it is caused by their negligence.

**GDPR 2018:** I understand that the information I have given will be held in accordance with the GDPR 2018, but may also be made available to Insurers and other concerned parties in the event of an injury or accident.

Rider Registration Form [CLICK HERE](#) - to complete your details