



HippoLogic  
*Clicker Training*  
Academy



# *My Coaching Workbook*

Click link to join Zoom Meeting:

<https://us02web.zoom.us/j/82292501295>



Meeting ID: 822 9250 1295  
Passcode: 009046



SANDRA POPPEMA, BSC

# Welcome to our HippoLogic community



In each Zoom meeting and in our Facebook support group we all will share personal information about our horse and training methods. By joining this community, you agree to keep all information you hear, see and receive confidential. By doing this, we create an environment where we, equestriennes, feel comfortable to share and then grow.

Please keep these core principles in mind:

## RESPECT

We will respect other people's views of the world and opinions. While we may not agree, we'll always be respectful.

## SOLUTION FOCUSSED

We are solution focused. We hold the believe that there is a solution to every problem.

## HORSE CENTERED

We make sure the horse is well taken care of: his welfare and wellbeing is the most important.

## LEARNING

There is no such thing as failure, it is only feedback. We take this feedback to learn from it. It doesn't matter if the feedback comes from a human or from a horse.

## SUPPORT

We have decided that it is better to support each other, not compete. Together is better.

## BE GENEROUS

We are generous with our knowledge, experiences, kindness and help.

## RESPONSIBLE

We are 100% responsible for our actions and communication. We will not blame others and we will step up to own our own 'stuff'. Through consistent action we will move forward.

## DO THE WORK

The only way to achieve our goals is to do the work.

I commit to coming to every meeting on Zoom or on Facebook with these core principles in mind.

Name: \_\_\_\_\_

Date: \_\_\_\_\_



# Coaching Call

Date: \_\_\_\_\_

1. What happened this week in your training with your horse that you are *excited* about?  
Summarize your exciting moment in **one sentence**. (1 minute)

2. What did you work on this week? And what were the results?  
Consult your training journal. **Summarize** or **list** your results. (2 minutes)

3. Is there anything you struggled with, in your training past week?  
Anything you need advice on? Summarize your challenge. (5 minutes)



4. What action step(s) will you be taking this week to come closer to your goals?

List your steps: clear and simple. (1 minute)

5. Name 3 things you are grateful for this week.

(1 minute)

- 
- 
-