

Kate's Equine-Partnered Coaching

Chat taken during the LIVE Virtual meeting April 11th.

- 13:39:21 From Rebecca Rose : Kathy-Patience
- 13:39:32 From Rebecca Rose : Rebecca-focus
- 13:39:45 From Rebecca Rose : Leann authentic power
- 13:40:13 From Rebecca Rose : Patti - BOLD confidence plan
- 13:40:59 From Rebecca Rose : Jamie-authentic self discovery in living best life
- 13:42:16 From Rebecca Rose : Original Innocence - reconnect to the WHY
- 13:44:28 From Jamie : Happiness, carefree, social
- 13:44:36 From Patti Christie : Carefree! Playful! Persistent!
- 13:44:39 From Rebecca Rose : playful energy - flocking - protection
- 13:44:45 From kathleen : Curious, intimate, self-advocating
- 13:45:16 From Leann Benedetti : Playful, joyful, fearless
- 13:45:45 From Leann Benedetti : Thank You Rebecca!
- 13:47:59 From Rebecca Rose : Curiosity, courage, confidence and playful and create a joy list
- 13:48:14 From Rebecca Rose : Gardening in the dirt and flowers JOY
- 13:48:16 From Jamie : Wide open spaces
- 13:48:20 From kathleen : Listening to funny stories...comedy shows, movies, watching my kids
- 13:48:47 From Jamie : Quiet, no rushing, focus on one thing at a time and giving it the space it deserves.
- 13:48:48 From Leann Benedetti : Crystal energy, nature,
- 13:49:00 From Patti Christie : Watching the new growth coming up
- 13:49:16 From Patti Christie : both!
- 13:49:23 From Leann Benedetti : Spring flowers and bulbs for sure!
- 13:50:15 From Rebecca Rose : Embracing the playfulness and the STILLNESS energy
- 13:50:50 From Rebecca Rose : Prosperity through playful vibration

13:51:40 From Rebecca Rose : "Goating for THIS"

13:52:10 From Patti Christie : My friend referred to my persistence as being like a dog on a leg! I'll change that to "goating" - sounds better.

13:54:56 From kathleen : Take it good. Successful people are different right?

13:59:15 From Rebecca Rose : Strengths in leadership. What we can work on. Then rank them 1 to 10 in emotional intelligence. If you see it in the goats you are claiming it.

14:03:29 From Leann Benedetti : Curiosity -8
Courage -8
Confidence-4
Playfulness-2
Carefree-1
Persistent-9
Self-Advocating-9
Joyful-5
Fearless-3

14:04:59 From Rebecca Rose : Strength in buddying

14:05:19 From Jamie : Support

14:05:19 From Leann Benedetti : Connection, more love and power together

14:05:23 From kathleen : Curious - 9, Confident - 7, Courage - 10, Intimate - 5, Self-advocating - 7, Happiness - 8, Carefree - 3, Persistent - 7

14:05:35 From kathleen : For the two horses - love

14:05:47 From Patti Christie : We can't do this alone - we need a buddy to help support us

14:07:02 From Patti Christie : Seamus has amazing confidence in himself!

14:07:27 From kathleen : The burro seems hopeful for learning

14:07:28 From Leann Benedetti : I'm trying to name it...

14:08:13 From Leann Benedetti : He is sending wisdom

14:09:33 From kathleen : Yes...contentedness!

14:09:49 From Leann Benedetti : Intentional contentmess

14:09:56 From Leann Benedetti : Contentless...not mess

14:10:54 From Rebecca Rose : Playfulness - 7 Creativity-8 Flocking-8 Protection-10 Courage-9

14:11:08 From Rebecca Rose : RR 4 directions

14:11:19 From Rebecca Rose : Leann ceremonial circle

14:12:07 From Rebecca Rose : Patti He's all THAT

14:12:37 From Rebecca Rose : Solidarity to stand as ourselves and with each other

14:12:59 From Rebecca Rose : Unique strengths

14:13:15 From Rebecca Rose : Sweetness as more than enough

14:13:16 From Patti Christie : I find it so relaxing to watch them just be - being still. Something I desire in my life

14:14:25 From Rebecca Rose : Allow the sense of being for a minute

14:17:54 From kathleen : Rebecca - does he remind you of another horse from your past/

14:18:43 From Rebecca Rose : There are others that look like horses in my past. I am really connected with him, for some reason.

14:18:55 From Leann Benedetti : Solita

14:19:02 From Patti Christie : Solita

14:19:04 From Leann Benedetti : (Not sure how to spell it)

14:19:19 From Jamie : Sweetness

14:19:19 From Patti Christie : strength, beauty, positivity

14:19:20 From kathleen : Winter

14:21:06 From kathleen : Winter - solid, gentle, confident, calm, wise, big back story

14:21:09 From Rebecca Rose : The horse you have chosen, what do you know to be true about their qualities. How are those qualities true about you?

14:21:10 From Leann Benedetti : Horses in general: wise, instinctual, intuitive

14:21:17 From Patti Christie : In me - positivity, strength, inner beauty

14:21:26 From Jamie : Approachable, Not flashy, Confident, One of a kind

14:23:35 From Leann Benedetti : Celita-strong minded, mindful, protective

14:26:21 From Rebecca Rose : How do we love our feminine leader selves. Rayn coughed

14:27:19 From Rebecca Rose : Rayn is a heart horse. Clear with her boundaries. Clear no and yes. Leads first because they are respected and listening because she has the best ideas and she takes care of herself.

14:28:05 From kathleen : Rayn seems willing to take it on. I love that.

14:28:33 From Rebecca Rose : Yes, she does take it on.

14:28:45 From Leann Benedetti : Hmmmmm majestic-great image

14:29:15 From Rebecca Rose : Role modeling is a lot of responsibility.

14:32:35 From Rebecca Rose : Jamie I do like being able to inspire people. I am built for more than what I am doing.

14:33:45 From Rebecca Rose : difficult to verbalize boundaries? Rayn needs boundaries to survive. Boundaries are MUST HAVE.

14:33:59 From Rebecca Rose : Boundaries are clarity points.

14:35:40 From kathleen : And to establish expectations at the onset of a relationship

14:36:44 From Rebecca Rose : I think people are sighing more, now

14:38:32 From Rebecca Rose : Healthy boundaries- Harsh. Rayn says we all care what others think...

14:38:49 From Leann Benedetti : If you draw a boundary then the reaction is unpredictable and may have a negative impact to ourselves

14:39:35 From Rebecca Rose : Rapport and respect - here comes Sweetness

14:40:55 From Rebecca Rose : Masculine and Feminine with MidKnight and Celita. Yin and yang

14:48:32 From Rebecca Rose : Using my mind, body, intention in rapport and respect.

15:04:47 From Rebecca Rose : Touch your toes on the grass.

15:05:01 From Rebecca Rose : Let go of the things that make you unstable

15:06:47 From Rebecca Rose : being BOLD

15:12:15 From Rebecca Rose : Self-Care notes to us

15:15:04 From Rebecca Rose : Celita wants you to receive and be in feminine energy and deserving of your own love.

15:18:15 From Rebecca Rose : How can self-care be easier for all of us? Created with every choice. Hands, creation, energy and healing.

15:18:19 From kathleen : I feel we have to schedule it in to the day

15:18:58 From Rebecca Rose : You are your most asset. Scheduling it in. It's not selfish.

15:19:09 From kathleen : It feels counterintuitive to create another demand on ourselves, however the reward we know is huge

15:21:22 From Rebecca Rose : authentic grounding power more often

15:24:36 From Rebecca Rose : Sit with a tree.

15:25:00 From Rebecca Rose : If you have an itch, ITCH IT!

15:28:16 From Rebecca Rose : Not in Willow energy.

15:28:56 From Rebecca Rose : Ask the horses to come into your dreams this evening and be open to their teachings.

15:29:51 From kathleen : I'll hold onto that....when I feel in 'willow' energy, think of big beautiful Winter.

15:30:13 From Rebecca Rose : Masculine and Feminine energy in leadership.

15:31:20 From Rebecca Rose : We need energy of both, masculine and feminine.

15:32:15 From Rebecca Rose : Journal on what is authentic to you.

15:32:22 From kathleen : This session has been fabulous. I have to step away and look forward to working on these ideas. Thank you Kate!!

15:32:53 From Rebecca Rose : Yes, Kathy!

15:39:02 From Kate Neligan : I love you all!