

GILLIAN LEIGH PHILLIPS

Coaching Services & Pricing Guide



www.gillianleighphillips.com



Hello there!

My vision is to provide a customized coaching experience tailored to **your** goals and personal development. I bring over 20 years of professional coaching and horse experience to a somatic-based and equine facilitated approach. Whether you want to develop your relationship with your horse, better your riding skills on the equine simulator, or improve your mental well-being when working with horses, I will be honored to guide you along the way.

All sessions are held on my beautiful 25 acre hobby farm in Beckwith, Ontario.

Gillian Phillips

gillian leigh phillips coaching services



Why Work with Me?

As a Certified Coach through Equestrian Canada, I create a fun and safe learning atmosphere through a positive and non-judgmental coaching style. My focus is on the best interests of both the horse and rider, aiming to foster confidence and self-awareness while enhancing technical riding and horsemanship skills. I am a life-long learner and am always striving towards expanding my knowledge so that I can provide the best possible service to my students. My professional development has come to include yoga teacher training, equine facilitated wellness and Franklin ball certification, and most recently a life and wellness coach certificate. I am continuously reading books, watching training videos, or listening to podcasts so that I can be confident that I am up-to-date on the most recent information on all things horses.

Over the years, my teaching and coaching philosophy has evolved towards a more holistic understanding of the horse's role. I emphasize how our thoughts and actions are perceived by horses, influencing their behaviors, and how this insight can shape our practices and impact performance. I strive to help my students, alongside their horses, to develop an awareness of the horse-human connection, working together to cultivate a lasting partnership.



My Coaching Journey

My journey began when I was 8 years old with my little black Shetland pony named Shelley. From there I spent my life living and breathing horses.

I have been an Equestrian Canada certified English Competition Riding Coach since 2005 and have most certainly been privileged to have mentored under the best of the best. From these wonderful women I was able to develop my teaching skills in such a way that made my teaching safe, knowledgeable, and fun.

In 2012 I began my Professional Association for Equine Facilitated Wellness (Pro-EFW) training under the guidance of Deborah Marshall and Susan Cressy. It was these women who helped me make the connection between the riding coach I had wanted to be and the coach I could become. In the Fall of 2020 I officially became a certified Pro-EFW Equine Professional.

In 2015 I became an Equestrian Canada certified Western Riding Instructor with help from Nonie Smart at Skyline Farm in Dunrobin, Ontario.

In 2016 I completed a YT200 Yoga Teacher training, which allows me to intertwine my love of yoga with my love of horses.

In 2022 I became Franklin Method® Equestrian Ball Certified and have witnessed amazing results from using these fascia balls with my riding students.

In 2023 I completed my Life and Wellness Coach training through Coach Academy Canada, an ICF accredited program. I now integrate my new life coaching skill set into a somatic-based and equestrian supported approach.



Gillian with her first pony Shelley

Introducing T.E.S.

I provide biomechanical and mindset coaching for equestrians. I think it is extremely important that all riders, no matter what their discipline, age, or skill level, take responsibility for their fitness off the horse. As an avid advocate for horse welfare, I think it is our duty to be the best rider we can be for our horse, so that we can lessen the strain on their bodies and move as harmonious team. That is why I am so happy to be able to introduce T.E.S. (The Equine Simulator) to Eastern Ontario, Canada. T.E.S. is a Racewood horse simulator that has been

"designed to enhance rider performance, providing a safe and effective way to practice and improve skills. By combining expertise in equestrian sports with state-of-the-art technology, [Racewood] strive to create solutions that not only boost rider confidence but also ensure the well-being of their horses. [Their] commitment is to support the growth of the industry while fostering a harmonious partnership between rider and horse." - www.racewood.com.

I am now offering riding lessons on T.E.S. here at my beautiful 25 acres hobby farm located in the township of Beckwith, ON. These lessons are open to anyone, over the age of 6, who want to experience the joy of riding in a fun and safe way.

T.E.S. is housed in a temperature controlled room, which means you can ride year round, despite what the weather may be doing!





Riding Simulator Sessions

WHAT A SESSION ON TES CAN OFFER:

- ✓ 60-minutes of customized exercises on and off the simulator
- ✓ The ability to safely practice your riding skills at all three gaits
- ✓ Gain confidence while recovering from an injury, or stay fit while your horse recovers!
- ✓ Improve your mobility, balance, strength, and flexibility
- ✓ Improve your overall health and well-being for you and your horse
- ✓ Overcome fear and face new challenges
- ✓ Learn to ride or safely develop new skills

FAQ's

What do I wear for a lesson on the simulator?

Please wear whatever you normally wear to ride in. Fitted clothes so that I can see your position, and clean boots with a heel. Helmets are not required.

Is riding the simulator the same as a horse?

While T.E.S. will never replace a horse it is a wonderful substitute for learning riding skills and developing body awareness.

Can I bring my own saddle?

Yes, you can bring your own saddle or you are welcome to use one of mine. All disciplines are welcome!

Does the simulator have a weight limit?

Yes, the Simulator is designed to carry a maximum of 100 kg or 220 lbs.

Can you teach me on my own horse?

Unfortunately my calendar does not allow for more travel coaching sessions, but I do offer consultation sessions, which are done virtually.

Simulator Session Options

1 Gold Package

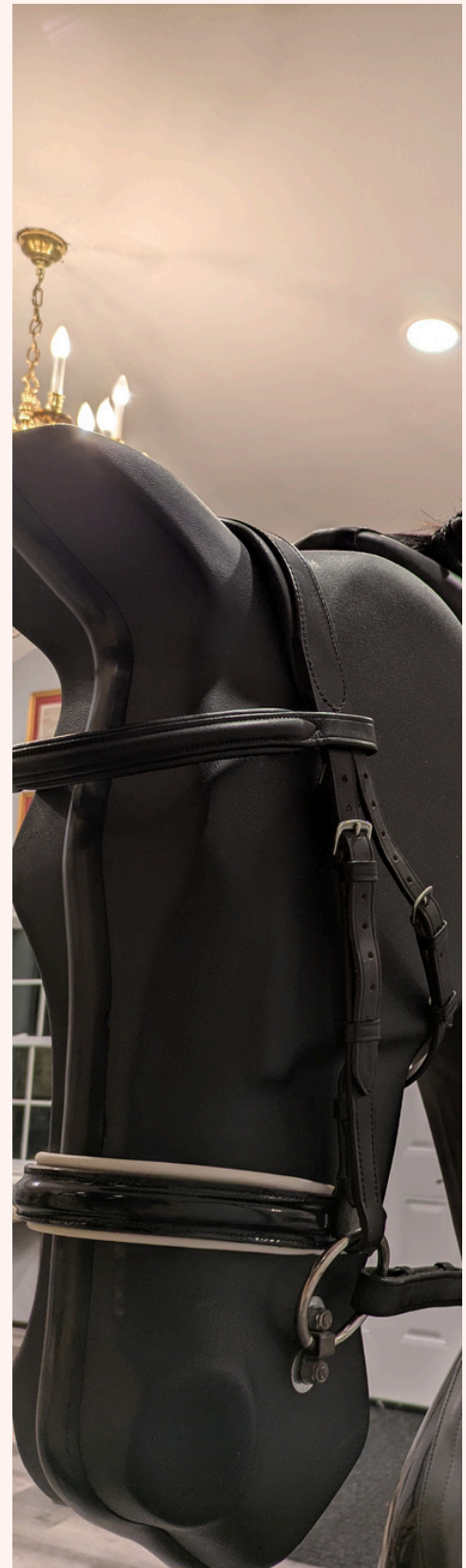
Six 60-minute equine simulator sessions \$600 +HST. This option is the most budget friendly one. All six sessions must be completed within four months from the time of registration.

2 Silver Package

Four 60-minute equine simulator sessions \$460 +HST. All four sessions must be completed within four months from the time of registration.

3 Bronze Package

One 60-minute equine simulator session \$125+HST. Come and give the simulator a try without the commitment of a package.





New Rider Package

If you are new to riding or just want a refresher than this package is for you. This program is broken down into **four** sessions. Each session is 1.5 hours in duration. Half of the time you will spend with my horse Jack, and learn the basics of handling, grooming, tacking up, and more. The second portion of the session will take place on T.E.S., the equine simulator, and you will learn the basics of riding.

WHAT YOU'LL GET:

- ✓ Hands on experience with Jack, a safe retired school horse
- ✓ A unique experience of learning to ride on a simulator
- ✓ The knowledge and confidence to handle and ride a horse

YOUR INVESTMENT

\$600.00 +HST

Mindset Coaching for Equestrians Package



If you find yourself dealing with nervousness or fear while riding, or if you're eager to enhance your skills and mindset, this package is designed for you. The program consists of four sessions, each lasting 1.5 hours. The first 45 minutes will focus on collaboratively setting goals, developing mindset skills, and creating a supportive environment to help you progress toward your riding and wellness objectives. The latter part of the session will take place on T.E.S., the equine simulator, allowing you to practice your new skills before riding an actual horse.

YOUR INVESTMENT
\$600+HST

WHAT YOU'LL GET:

- ✓ A customized client-led session that is centered around your mental well-being.
- ✓ The ability to ride the simulator and practice your new mindfulness skills in a safe environment.
- ✓ Improve your confidence in a safe and non-judgmental environment

Additional Services



Equestrian Mindset Sessions

These 60-minute sessions are strictly life and wellness coaching for equestrians and either done virtually or in person.

\$125
+HST

Equestrian Wellness Workshops

Let's make a day of it! Mindfulness and breathing exercises, nature walks, yoga, a session on the simulator. Maximum of 4 per group.

\$200
+HST

Consultation Sessions

If you are struggling with a particular issue with your horse, I'd be happy to help you problem solve and work towards a resolution.

\$125
+HST

INTERESTED IN A GROUP? CONTACT ME TO MAKE ARRANGEMENTS!

How It Works

01 CONTACT ME

I can be reached via phone, text, email or by DM on one of my social media platforms. I will do my best to get back to you as soon as possible.

02 PICK A PACKAGE

After reading carefully through the services packages provided, then it's time to choose a program that will best suite your needs. Fill in and return the registration form via email.

03 PAY YOUR INVESTMENT

Payments can be made via e-transfer and are due on the day of your first session. Please be sure to read carefully through my cancellation policy.

04 BEGIN YOUR JOURNEY

Upon receiving your payment and registration, we will collaborate to determine a suitable day and time for you to embark on your journey toward achieving your personal goals.



COMMUNICATION

CONTACT DETAILS

613-250-9204

info@gillianleighphillips.com

1633 Bourne Rd., Smiths Falls, ON

OFFICE HOURS

M & F 9:00am - 5:00pm EST

T - TR 5:00pm - 7:00pm EST

Sa-Su 10:00 am - 3:00pm EST

WEBSITE

www.gillianleighphillips.com

SOCIAL MEDIA

[@gillianleighphillips](https://www.instagram.com/gillianleighphillips)

Testimonials

Jo Ann



"I began my experience with horses late in life and have been fortunate to share the journey with Gillian since 2015. She has taught me how to manage safely around these "1,000 lb jack rabbits", how to care for them and how to ride. Just as importantly, she has guided me in learning how to connect with these wonderful creatures and in doing so has opened a path to self-awareness for which I am truly grateful. She has brought humour, infinite patience and amazing insight to each lesson. She always seems to know when a session needs to be challenging or when it needs to be nurturing. I have looked forward to each and every experience with Gillian whether it was the first time cantering or a simple walk in the woods with one of our equine friends. Horses connect immediately with Gillian, which speaks for itself. Don't take my word for it, just watch your horse next time she is around. I look forward to continuing my ever-evolving journey with horses under her mentorship. Thank you Gillian."

Deanna

"Working with Gillian has been an experience that goes far beyond just learning how to ride. From our very first lesson, I felt like she truly understood me—not just as a rider, but as a person. She meets me exactly where I am, both physically and mentally, creating a safe space for growth.

Her eagle eye is nothing short of remarkable; she can spot the tiniest adjustments in my body position that I would have never noticed on my own. It's incredible how such subtle changes can lead to such significant improvements in my riding. With her guidance, I've not only become a better rider, but I've also gained confidence in my abilities.

Gillian's approach is holistic; she nurtures my mind and body, helping me to connect with my horse in ways I never thought possible. I leave each lesson feeling empowered and inspired, ready to tackle new challenges. If you're looking for more than just riding instruction, Gillian is the coach you need. She's a true gem in the equestrian world!"



Magda



"I enjoy our lessons tremendously. I am not a particularly good or brave rider, but I never feel pushed, scared or ashamed. Gillian seems to always know what I am ready for and how to challenge me without throwing me into overwhelm. She knows how to help me if I sometimes anxiety creeps up, and how to work with my imperfect, crooked body. She has made what at some point seemed impossible possible again. I feel incredibly lucky to have found Gillian, immensely grateful for her guidance, and would highly recommend her as a coach to anyone. "

Cancellation & Payment Policy

I 100% understand that life happens. If you need to cancel a session, please just let me know as soon as you can. There may be times that I have to cancel too. We'll have grace for one another if that arises. However, rescheduling of the cancelled session will need to be made within 30 days of the cancellation so that you do not incur a late cancellation penalty of \$50.00+HST. If you do not show up for your session without letting me know prior, you will be charged for that session, and no makeup date will be awarded. No penalty will incur if I have made the cancellation.

Payments will need to be paid in full by the date of registration and all sessions are to be used within four months of the date of registration.

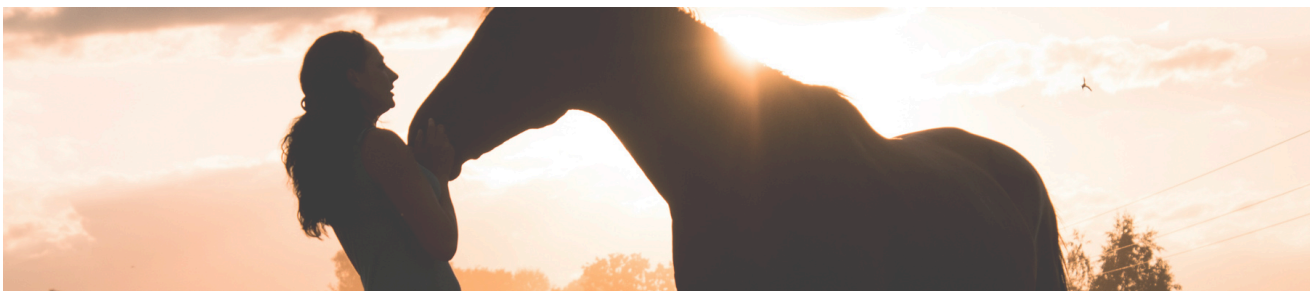
Payments can be made via e-transfer to: info@gillianleighphillips.com password:SIM



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In 2022, our equine community suffered a devastating loss with the passing of Dr. Andrea Kelly DVM. As a tribute to her unwavering generosity and care towards our animals, I would like to offer a 15% discount on all of my services for all veterinarians and veterinarian support staff. Without their continuing dedication towards our animals, we would not be able to provide the necessary medical care that every animal deserves.

-GILLIAN



Let's Get Started!

My aim is to offer a personalized coaching experience that aligns with your goals and supports your personal growth.

If you have any questions or concerns regarding my services or need further clarification, please feel free to get in touch. I'm here to help!

"Empowering equestrians one stride at a time."

I am incredibly excited to accompany you on your journey toward self-improvement, personal growth and wellness. I believe that to assist more horses, it's essential to first support their humans. Thank you for placing your trust in me!

Gillian Phillips



info@gillianleighphillips.com
www.gillianleighphillips.com



Client Registration Form

CLIENT INFORMATION

Full Name:			
Date of Birth:		Profession (if applicable):	
Address:			
City:		State/Province:	
Zip/Postal Code:		Country:	
Phone Number:		Email Address:	
Emergency Contact:			
Medical conditions/physical limitations:			
Please describe your riding experience, disciplines, and goals:			

Will you be bringing your own saddle? Yes No

PLEASE CHOOSE A PACKAGE/SERVICE

- | | |
|--|--|
| <input type="checkbox"/> SIM Gold Package - \$600+HST = \$678.00 | <input type="checkbox"/> New Rider Package - \$600+HST = \$678.00 |
| <input type="checkbox"/> SIM Silver Package - \$460+HST = \$519.80 | <input type="checkbox"/> Mindset Coaching Package - \$600+HST = \$678.00 |
| <input type="checkbox"/> SIM Bronze Package - \$125+HST = \$141.25 | <input type="checkbox"/> Other services - \$_____ |

*** Liability waivers will be signed in person on the day of your first session***
Please check the boxes below and sign and date at the bottom of this document

- | | |
|--------------------------|---|
| <input type="checkbox"/> | I have read and understand the payment and cancellation policy of Gillian Leigh Phillips Coaching Services. |
| <input type="checkbox"/> | I consent that I do not exceed the maximum weight capacity (100kg/220lbs) of the equine simulator. |

Signature:

Date: