

Natural Solutions by Anke, LLC

www.naturalsolutionsbyanke.com

608-467-0008

www.De-SpookYou.com online confidence coaching!

Bio (please include items in red):

Meet equestrian Health and Life Coach Anke Johnson

Health and wellness—physical, mental and emotional—are coming to the forefront of industry issues for not just horses but riders, as well. Experiencing the ideal confidence, wellness and balance in life can make all the difference in a rider's performance, leading to a better relationship with his or her horses on the trail, in the arena, the show ring and around the barn—not to mention more enjoyment in all aspects of life.

Anke Johnson has been a personal health and life coach since 2003. As a lifelong rider, she focuses her attention on improving upon the struggles facing many riders. From fear and confidence, to life balance and weight issues, her health and life coaching is changing lives in and out of the saddle for people of all disciplines and in all areas of the country.

Anke is eager to continue to empower horse lovers through the written word, speaking engagements and clinics in addition to her professional coaching. As a certified Professional Health and Life Coach, certified Health Coach Training™ Instructor, certified AFFA Fitness Trainer, certified Nutritional Consultant and Reiki Master Practitioner and author of several published articles, Anke's credentials and experience lend a reliable voice to you as you grow from the inside out!

Speaker Topics (3 part series):

1. **Friday-The Wisdom of Change ~**
 - a. Speaking from the heart...Sometimes, until we experience certain things, we cannot understand the magnitude of the impact it will have on us, sometimes for the rest of our lives. **Weight loss and regaining your**

full, physical and emotional self can be like that. So can being confident, truly prepared for the expected and the unexpected and knowing what to do when “What if?” happens. Likewise having the guilt-free time to ride and expand your horsemanship at a pace that’s fulfilling and happy for you. Sometimes our efforts to change and get to a place like I’ve described above is a frustrating journey, not much fun and certainly sprinkled with frustration. But what if it didn’t have to be that way? What if you could **learn a process that would take you through change in a joyful, interesting and meaningful manner?** Your reading this is but a moment, to be sipped like any other from your daily cup of life. However, every moment is a defining one, a profound springboard from where you've been to where you're going. Making a decision to work with yourself for yourself may be that springboard that will help launch you to a next level that you didn’t even know existed. Come experiment and experience the **five steps that will help you redefine how you approach change, and how successful you can truly be.**

2. **Saturday-De-Spook You! Learn how to handle your “what if’s” and “post traumatic” fears ~**
 - a. There’s nothing that cuts a ride short more than the fear we feel because of a post traumatic incident, or the “what if” fears that can plague our minds. Learn 3 key components that will help change the way that you think about you fears, and free you from their dirty little grasp!
3. **Sunday-Gaining and Maintaining Confidence on the Trail ~**
 - a. Trail season is here, and though the trail beckons, we sometimes are afraid to follow. Feel great about your ride on the trail, before you even start to haul! Get excited about the scenery, the experience that you’ll share with your horse and riding partners. Apply 4 simple tools that will help you to have fewer unknowns, and more confidence this summer and fall as you enjoy what the Midwest has to offer!