

## Jane Pike

Hi everyone. And welcome back to the ride podcast. I'm Michaela and Nichole is help for this introduction, but don't worry. She'll be back later on in this episode, as we interview our guests, Jane Pike. So it is just myself, as I introduce Jane and go over some current events that are happening in the horse industry.

Like I said, our guest is Jane pike, who you are likely familiar with. If you frequent horses and writer.com or read the print magazine, or maybe, you know, her through Warwick Schiller, which is actually how we met Jane. So Jane is a confident mindset coach. She. Works a lot with writers who need to overcome fear and anxiety in the saddle, or just wants to build a confident mindset before going into the show pen.

So there's actually a few points in this episode where I explain that I'm having anxiety before competing and Jane walks me through why it's happening and what I can do to overcome it. So hopefully she can help you guys, whether it's within this episode or you reach out to her too. Be your mindset coach, or you listen to her own podcast.

Hopefully she's able to help you become a competent writer. So you can be an effective writer in the saddle. Anyway, let's get into some current events, a horse and rider has been super busy. So we'll start off with some current events, just internally with horse and rider. This week, we are going to print with horse and rider magazine for the winter issue, which is actually why Nicole is unable to record this introduction with me.

She is making sure it's absolutely perfect for you guys before we send it out to you, hit your mailbox, but I know that you guys can be super pumped when it hits your mailbox, because the cover that Nicole shot herself is absolutely stunning. It is beautiful and just says all things late fall and winter, it.

I am at a loss for words, for how to describe it. You guys will just have to run to your mailbox as soon as you get it and look at it and then open it up and read everything that's inside of it because we worked super hard as we do with every issue. So make this exactly what you guys need. And once with informative training articles, health trout, writing, you name it, we put it in there because we know that you want it and we love it.

So. Anyway, um, horse and rider.com. We are doing super fun things because it's the holiday season coming up upon us as we head into November and December. And what better way to head into the holiday season, then giveaways. So horse and rider.com. We're doing giveaways this month and I'm sure coming months, we will also be doing giveaways, but our current one is with Foursquare Ireland.

As we are giving away a grand prize of ice vibes, but weekly, we are also giving away prizes and our sister publications are doing the same thing. So whether you need to enter to win a barn or answer to win feed, or inter to win our ice vibes, you could win at all. So if you're interested in our system, publication giveaways, just go to horse and rider.com and click on our sister publication tab.

And you will find all of those giveaways. On their websites as well, because if you don't enter, you can't win. So you might as well try your shot and enter to win all of these wonderful giveaways that we are doing. And also Nicole and myself are starting new blogs in these coming months as well. My blog that I am starting is called the TLC blog, and it's just the little pampering things that you can do for your horse.

It's a monthly blog. So each month I'm going to be talking about. Different things that you can do with your horse, that, you know, aren't the necessary things, but just the little things that you can do to spend more time with him and make sure that he feels loved and cared for and is happy and healthy.

And, um, you know, to keep yourself healthy. Nicole is doing a fitness blog with Kelly alt swagger. And the topics that she has talked to me about are very informative and. I think that you guys won't get a lot out of them. And if you aren't familiar with Kelly, we have talked about her a lot. So you should be very familiar with her by now, but she has videos that are being released on horse and rider on demand.

And we have also done a podcast episode with her. So go listen to the podcast, go watch some more Snyder on-demand videos and then be on a lookout for the upcoming blog that Nicole will be writing. So shifting gears away from horse and rider, although we love to. You know, brag on the brand a little bit, some really cool things happened recently at the California snaffle bit to charity.

So one of the first things that happened was a yellow stone banner from the TV show, paramount network's yellow stone was hung up and it spooked a lot of horses in the hackamore class. So for distracting, the. Horses Taylor Sheridan awarded a first place paycheck to several horses after they were by the banner.

Um, they were actually the, in our cha was going to remove the banner and rerun the class. But, um, Taylor Sheridan offered up that prize money. And how awesome is that? That they all received first place. Money. That is so exciting. I know that there's been some controversy over well horses shouldn't be spooking at those banners, but those are some pretty young horses.

And I know that Taylor Sheridan is really there for the horse and he is a horse enthusiast. So he is doing this for the competitors and the horses. And I just think that it's really cool to see. It just makes me super pumped for the next season of Yellowstone because. I love yellow stone. Another really good, cool thing that happened at the NRCA snaffle bit.

Futurity was Sarah Dawson was the first woman to win the snaffle bit futurity open championship since 1993, when Sandy Collier won it. That that's amazing. We actually have an article with Sarah Dawson on women breaking the glass ceilings in the Western industry. So she has absolutely done it this time.

She made sure rake those glass ceilings and just win it all. So if you want to, you know, read more about Sarah and breaking glass ceilings, go to horse and rider.com and you can read about Sarah and what she has done as a woman in the Western industry. And then go up and look up her championship run because it's pretty cool to watch her as a woman.

I know I'm pumped to see other women succeed in the arena. I mean, I'm, I'm there to cheer on the best horse and hope that the best horses win, but when a female trainer rides and wins one, that's just even cooler. So anyway, I think I will be done talking. Since it's just myself and we'll head into this interview that I hope that you guys have.

Hi guys. Um, today we are here with Jane pike who, um, you guys might've seen, we featured her in horse and rider in our confident writer department. Um, but she's also somebody who works really closely with work Schiller. And so he's talked about her a lot. Thank you so much for joining us today. Oh, it's such a pleasure.

Thank you so much for having me on now. Oh, um, work is kind of broken down what you do. And I think he actually talked about it in the podcast that we did with him, about how much you have helped him with your, his mental strategy and how to approach writing. But you can probably explain a little better what it is that you do for equestrian writers of all disciplines, not just what work does.

Yeah. Yeah, sure. So, um, my business is called confident writer and essentially under that umbrella, I work with mindset practices, mental skills practices, but also nervous system awareness and kind of movement-based practices that really allow people to develop the resources to stay in that zone of I've got this so that when you're writing or when you're out there working with your horse, you feel like you're centered and grounded, and you're able to hold that space in the midst of any pressure or difficulty essentially.

That's awesome. And I feel like I should probably also mention Jane is so nice to have joined us. She's in New Zealand right now and it is early, early in the morning. So we're so glad that she was able to get up and meet us even with the crazy time changes and zones. But, um, yeah, no, I think the thing that I really loved about what Mark had told me about you, and I think we actually briefly met at the world equestrian games when you were helping work and Robin there, um, The mental aspect of it is such a huge deal.

And I'd feel like you don't really think about it until you're in the middle of the Chopin and you're having that, Oh, no moment. And you can't, you know, like keep yourself together. So how did you come to kind of put two and two together and create a business out of it? Oh, it's the million dollar question.

Well, I think that there's a, there's a growing evolution and awareness of writers now that are moving out of it. Transactional approach with their horses, which is, you know, we do this and, you know, one plus one equals two to produce this particular result and moving into, uh, a situation where partnership and their transformative element of working together with horses is becoming so much more apparent.

And as part of that equation, We are really starting to understand more and more that we need to look to ourselves before we look to our horses to ensure that we're actually the anchor point in the conversation and that we have the necessary, not only skills, but also regulation in terms of like, we can.

Emotionally self-manage were able to, to maintain a sense of ourselves and a sense of our own groundedness, as we're asking our horses to do the same thing, essentially. And so for

me, that's always been a fascination. I competed growing up in Australia. So I'm from Australia originally, but I live in New Zealand, which is just to complicate things.

And, uh, I was. I loved my host. I love training that I was always quite a nervous competitor. I'm certainly not someone who was addicted to adrenaline. And so there, from that point, I remember from very early on, I had all of the. The books beside my bed, where I'd be reading all about the psychology and how to kind of get the best out of yourself in those situations and trying to pressure proof myself so that the experience wasn't so painful, you know, cause it really can kind of suck the joy out of it when you've worked so hard and everything's going on and then you get there and it's like, all you can think about is how you just want to get home.

So that was kind of the beginning piece for me. And also some families, um, members who dealt really severely with anxiety outside of horses. And I just remember having these really pivotal moments very early on where I was like, I can see that not being in charge of yourself in terms of where your mind is going and the thoughts you're having as the, as the something I really.

We'd like to avoid happening if I can. So that, that put the fire in my belly. And from there it's been such an evolution and a constant learning to kind of get to the place that I am now. Um, in terms of my business, I S I. I've had such an, an unusual career trajectory in lots of ways. I always really wanted to work with horses, but I did have a big gap in my twenties where I, um, I'm a trained yoga therapist.

I worked overseas as an emergency aid relief worker and did so many different bits and pieces. And then eventually. Notice that I was going to become a global nomad unless I settled down at some point. And so, um, when I did eventually settle down all these disparate skillsets seem to come together and I just decided, I decided to start my own business and I can't really pinpoint when or how that was, but it's, it's, it's led me to, um, The place I am now that I've got a favorite quote from Steve job's, which says, you know, you can only, you can't connect the dots by looking forward.

You can only connect them by looking back. And that's definitely been the situation for me where I'm like, Oh, I can see where that's heading or how I use that. That makes sense. Now I'm glad I did that. So that's, um, that's kind of my convoluted roundabout way of saying this is where well, so. I guess my question is, how exactly do you work with your clients or the people that reach out to you to get them in a different mindset?

Is it, you know, podcasts type things that you recommend or books, or how exactly do you go about that? I'm super interested for myself as well. Hmm. Yeah, yeah. In terms of my actual work approach and how I, how I work with clients. Yeah. So, um, so my big I've moved away, so, okay. I'll start, I'll take that from the top.

Initially. I would've said that I specialize in confidence issues and anxiety issues and kind of helping writers in that sense. But now I, the language I use around it is really different because it's really about capacity. It's about how is it that we can Excel. I spend a window to be able to encompass big experiences and big emotions when we're out there working

together with our horses without going into a space where we feel like we've abandoned ourselves.

And if we think about that in nervous systems speak, that would be. Me going into like a flight response, which would be anxiety related me feeling frustrated or angry, which has kind of a fight response or going into freeze or shut down. So those, those States, we can understand those as taking us outside of our ability to make good decisions and feel resourced in the moment to, to be in a position to, um, Be the personnel horse needs essentially.

So I have a membership program called joy ride, which goes through a really comprehensive process for doing that for increasing capacity. And it's all about gaining nervous system awareness. So really understanding. Not only what's going on in your mind, but also how you're responding to your environment and your horse systemically, because I think this is where the, um, the central piece lies that if you don't have an understanding of what your body does and how it responds on a physiological level, it's really hard to, um, To resource yourself, essentially, because we're not just a mind, we're also a body and those two, the body mind connection and how that works in together is really integral in, in giving yourself really effective techniques to, to, to manage things.

So for me, that's kind of the crux of my work is joy ride, that membership program, that gate that goes through that process. And then I work with people one-on-one as well. So is that what you meant or is there, would you want me to elaborate more on any of those pieces? No, I think that's great. I just didn't have a understanding at all as to how your business was set up and how people could, you know, become involved with it and what exactly it is that you do throughout the steps.

So yeah, that definitely answered it. Yeah. Awesome. Yeah. It's, it's just similar to so works approach. For instance, he's got his membership platform with videos and audios and the likes for the horse training side of things. Mine's the same kind of setup, except it's it's specifically rider focused. Well, and I think you, you kind of mentioned those in, in what you were talking about is now that you focus on the rider, but essentially you're also a horse trainer because you are helping those horses so much.

Cause I know from experience that when I was anxiety ridden and I just, I was stressed and nervous and like it just, my poor horse had to have been feeling all of that too. So I'm sure you've, you've made a lot of horses happy too, with your help with their human counterparts. Oh, thank you. I certainly hope sorry.

And, and there's such a gift on so many levels because I say often to, um, the amazing people that I work with. It's like how many of you would be engaging or involving yourself in this kind of self-development work? If it wasn't for. Your horses because it affects so many different aspects of your life.

Like if you're experiencing anxiety, riding chances are that that's coming up in other situations, it might be work-related or relationship related. And so there, the flow on effect of how it spills out into different areas is always, it always amazes me. Yeah, that's what I

was going to also say is how I think it's cool that, you know, not only are you helping the horse, like Nicole said, but you know, personally myself, I think of areas where I just constantly am overthinking on something and I do that with my horse, but then I'll do it, you know, with my job.

And I, I see that everywhere. So having a coach like you to help guide and work through those problems, wouldn't just resolve a problem in one area of my life. But. Likely all of those areas and make my overall life and mind, body connection better in the end. It's that's certainly been my experience. Yeah.

And it's so, like I say, constantly blows me away. And I had posts in the group recently where it's like, Oh, I, you know, my understanding of the nervous system now I was talking to my brother-in-law, who was having issues in his marriage. And then we could, we talked about that and it helped with this situation.

So thank you. And I'm like, Oh, welcome. It's just like, you know, constantly just blows my mind. Yeah. Um, I can imagine that you're, you've been able to stay pretty busy even as, uh, the whole world is affected by COVID-19. Um, like I said, you're in New Zealand, but it sounds like a lot of your clientele are from all over the world.

And so it must have been nice to be able to continue communicating with them, even though essentially the world shut down. Oh, I know. I feel so grateful and so many levels. I mean, prior to COVID, my, my entire business is online anyway and has been for a number of years now. So there was no big leap into triad or sort of scramble to try and, um, To re-purpose or represent the material that I was doing in a different way.

Um, the majority of people that I work with overseas, so I would say 20% of the people I work with are in New Zealand, but the majority are in the U S and the UK and Australia, Canada, Europe, but they're sort of scattered all over the place, which is a real joy. And when it comes to COVID, I felt uniquely prepared in some ways.

I mean, nobody can be prepared for something like this because it's such a. Quote unquote, out of the blue experience that I don't think any of us really expected to be going through on an individual basis day to day, but certainly they skills about how it is you can handle and hold uncertainty in the body and still remain resourced and functional and kind of, you know, feeling like you have something to draw on is just so pivotal right now.

And I think that in general, we've, we've created this. State of being where we feel like we have a lot of certainty in our lives, where there are things that we have relied on to be. So, you know, like I know that that's going to be the same tomorrow and it's not the case anymore. And so we're constantly having to look back to ourselves and return to ourselves and, and be able to hold that level of discomfort, which is so.

Yeah, what we try to avoid generally in day to day, like we don't like uncertainty, we don't like discomfort. And for me, their training has been over so many years leading to the point where I realized that comfort isn't the goal, you know, comfort is not the answer. It's actually the, the ability to hold space for an emotional hold space for an experience without it getting bigger than your body, so that you're able to direct.

The energy in a way that is of most benefit to you and your horse and everyone around you. And I think that's, that's the practice now, like comfort is not the goal. The goal is how do we actually maintain the energy of the, this experience, stay present with what's going on and still feel like we're able to direct that in terms of our own what it is that's going on for us in a way that ultimately serves us, I guess.

So has your business been at all negatively impacted, you know, with less people, you know, going to shows and competitions, has it been impacted by that? Or has it actually grown and done better? Because more people are wanting to, you know, better themselves as writers while they aren't going to shows.

Yeah, it's been, it's been so interesting. I mean, I, along with everyone else, you're always concerned about where things might go because you have to eat basically that it's there. It's such a passion, um, passion project for me as well. But I would say I'm really fortunate in that I haven't. Found it today negatively impacted.

There's definitely the competitive component, um, with writers that I work with, I mean, that's just the same across the board. It's such a unique situation that literally everyone is being impacted in the same way, which I think is pretty unprecedented. But, um, for the most part, what I tried to offer enjoy, right.

Especially was. To put in some extra bits and pieces that really allowed people to feel like they were perhaps more supported through this. So we have extra live sessions. We have more community-based zoom gatherings to really let people just talk about what's going on because the community element and the social element, which many of us are being so deprived on is so, so key right now.

So I tried to kind of factor that into, you know, how is it that we can actually buffer ourselves. So did this experience and support each other and everyone's been. Really I'm on board with that. And it's been, yeah, it's been amazing. I I'm so that, you know, the, I feel selfish sometimes doing the work that I do because everyone is so incredible that I'm like, Oh, you know, it's sort of a big, big crew.

I call them the team. So yeah, no, I would say I'm one of the fortunate ones, for sure. I love that you, um, created a community through this, like, you know, with the zoom meets and I think that's super important right now. And that's. Really good for everybody's mental wellbeing is being able to communicate with other people who aren't, the people that they're quarantining with, or if they're home by themselves.

Like I know Mikayla and I used to go into the office together every day and, and now we basically sit on zoom every day. Just, it's nice to talk to somebody that's not in our household. Um, but then to also talk to people who have similar interests and, and deal with similar things, that's really cool.

Yeah, it's, it's been incredible. I mean, we've got a Facebook group, community of joyride members and there they've always been a really tight crew. Everyone's so supportive and knows what's going on. And for me, I really important aspect of my work is that I know

people they're like, they're my homeys, you know, like it's not just like a, uh, a relationship where it's like, okay, do this, see you later.

It's like, I know their horses names. I know what's going on. We, um, you know, part of the, part of the support group, I certainly try to be in. So when. COVID happened. And when I saw some of the obvious distress that was happening, I was like, okay. I think that what we need is a space where people can actually talk about what's going on in a really honest way, without feeling like they're burdening a member of their family, or, you know, they don't have occasionally or more than occasionally actually like it's, it's, it's hard to talk openly and honestly, about how you feel, because.

If someone on the other side of that conversation, doesn't have the skills to be able to hold that it can be more damaging than helpful. And so we started, uh, um, I just. Quickly called it, the sharing circle. I like, I put it out really fast and it's been honestly, one of the most incredible experiences because you've got a whole range of people in there of all different age groups from all over the world of different political affiliations and understandings, and to be able to share.

What it is you truly feel and have that be received by that same melting pot without there being any hostility or, well, actually, I don't think that's the case and Vajra has been incredible because that, that ability to have that kind of discourse, I think is a bit of a lost art right now. And you can see that online where there's so many polarities and divisions being created.

And so I feel incredibly privileged and honored to be able to hold space with. A group of people and writers that are, have the capacity to do that. So kind of going back a little bit to, what I was talking about at the beginning is, is we actually found out about what you do through work. Um, how did you originally get involved with him?

I know you guys are both Australian, um, but he, I mean, he has so many kind words to say about you and he, I think you've, you've helped him so much. And, um, so we were just so excited to talk to you because he's just said so many great things about you. Uh, work and Robin are amazing. Well, it's actually a funny story.

It's a really funny story. So there, there was it's it's just recently wrapped up, but there was a, an equine expo in New Zealand called equities and way back in the beginning, I think it was 2012 or 2013. It was either the first or the second time that they'd held the event in Hamilton, which is on the North Island of New Zealand.

I was there and work and Robin were there and I was one of the early. Members of his program, because at that stage I was having some issues with my horse. Um, and I was searching online for different solutions or ways to kind of come about it in a way that I felt happy with. And I stumbled across where I can.

I did what, what we kind of joke is there, um, you know, the diploma of horsemanship when you like sign up to something and all of a sudden, you just binge watch the whole thing and you feel like you're doing some kind of degree qualification in horse training. So that was me. And, and I remember them. We, we joke and laugh about this all the time, but they



were walking out of the main area where you set up their booths and I saw them and I had, um, I'm a bit of a hard on my slave girl.

So I was like, Oh, you don't know me, but I'm Jane. And, and I was, I had a little bit of a fangirl moment and, um, And just talked about it and they were, they were smiling and Robin looked sort of like slightly bewildered by my enthusiasm at that moment. And then poor, poor them. Not only, they probably thought they got rid of me at that point, but then I was on also their, um, the round that they did sort of showing all the presenters around.

And so I wasn't just a, I wasn't just the fan girl. I was also a presenter. And so now they were stuck with me around the official round as well. And we got talking, um, and. I got talking to Robin and we, we were chatting about what I, what I was doing. And then we just, we just kept talking after that we stayed in touch.

We became friends over the event. And then, um, Robin shared some things with me that were going on with her. And so we started, I initially started working with Robin and then we worked over a period of time and then it evolved into their world equestrian games. And yeah, it's just, I mean, that was a period of.

I guess sort of what are we five years that I'd known them previously and, um, and then. Not working the whole time together, but you know, on and off and in touch and yeah, so that was her. I laugh in slightly cringe at like, I was like, Oh, I should have had more decorum back then. What was I thinking? My goodness.

Lots of dignity in, in, in an instant,

too funny though, that that's how you, you know, came across them. I was expecting, you know, that. Work or Robin reached out to you. And so that's really funny. He can talk more about how that you help them at the world equestrian games though. Yeah. Yeah. Sure. So initially, I mean, I think I'm not sure if it talks about this on your podcast or maybe I was listening to his podcast recently and, and, um, and he mentioned the lead up to the world equestrian games, but I knew that it was a possibility that they were going to try and make the team.

And they talked about it with me and, um, and it was all, you know, it was all systems go. It was a pretty exciting possibility. And I was there with my virtual pom-poms the moment that they, they kind of like suggested that that was going to be an option. And then both of them said, you know, we'd really like you to, to help us out if that, if that's the case.

And then, um, further on from that, what happened was, um, I mean, worry, can Robin DOE. Essentially everything with their own horses, they are a kind of one man band in that sense where they don't have the grooms or they're, you know, there's no hierarchical kind of system or a group of people around them.

That's taking care of business, like is really common in some of the bigger, you know, the biggest showing will be a competition stables. And so they had passes as well where Robin was like, you know, I'd really like you to be my groom, quote, unquote, and come and help us out. And you can, you can take that, take that person.

Um, And be on board with that. And so that's, that's how it evolved and happened. I just started working with them on zoom and we, um, started to unpack some of the things that potentially were going to get in the way or could get in the way or where the more obvious things that they were thinking about, whether the roadblocks, if you like.

And so we sorta picked away at that over time and, um, And then I flew over and was part of the trio of me Katie and the grantee and Rachel Longworth. We drove their horses from California to North Carolina and I Turbis yeah. Traverse the States. And that was awesome. It was my first time to the U S and I hit the road and, um, went through a variety of different places and, yeah, so that was kind of the story of how we, um, how we got together or the very short version anyway, for, for wig.

Well, you really hit the jackpot with, um, traveling to the United States during the hurricane that we were in and try on. It was exciting. It wasn't at exciting. I was like, wow. And Amy in the whole trial and experience with the, um, Should we say that the, uh, pitfalls of, of, uh, of what was going on there at the time when we got there, it was kind of a little bit of a construction zone and not quite what I expected.

I was like, wow. But it was, it was, it was so fun. It was. Yeah. I mean, no, the media room was missing walls when I got there and I was like, Oh yeah, I know. Right. We were briefed. So with the first vetting, it's like the they're like, okay, so, you know, no, no comments on this. It's all, it all has to be kosher.

And we're like, okay, we'll just roll with it. It was definitely an experience. I won't forget. Yeah. I'm like, wow, what are the, what are the odds you travel here for the first time and you get stuck in the, uh, the hurricane. And we're all wondering what we're going to do. If it hits us. I know it was comical on so many levels.

I mean, at one point we had, there was a bit of a mix up with hotel rooms and like accommodation was a bit of a mashup as well. And at one point I remember because I was sharing a room with Katie. She had gone to bed and I was in the shower and then two people from the Italian team came into our room.

They'd been given the key and we'd both been given the same room, except we were already in the room. And then, and then at one point we got back and they checked us out already and taken all our bags. And we're like, what do you mean? We've been checked out. It was like this hullabaloo of like constant changing hotel rooms and.

Spaces and wondering where we were going to sleep, but it was, it got, so it was kind of so out there that it became laughable in the end and we were like, we'll just embrace the moment. I, I definitely have a couple of stories from Wagga as well from the media. Yeah. It was a really, it was a very cool experience.

I know that work has done the world of questioning games in the past, but it was my first time covering the equestrian games and it was super cool to see. All of these countries come together. And even like some people flying their horses over, which I know is more common in the English world, um, versus the Western world where a lot of these guys are from other

countries, but they are based in the United States now, but it was just, it was so cool to see people come together and support their team and their families.

And yeah. Um, I got to meet some really cool people from all over the world. So yeah, it was a super fun experience, but man, it's it's one. I will always do me too. Me too. Yeah. I loved it. It's definitely one of my life highlights and yeah, it just makes for good stories. Huh? Exactly. Let me tell you when my hotel word.

Yeah. It's funny now that we've survived and we're back. Exactly. Yeah. Yeah. And we didn't end up sleeping in the mash tent that they had. I was like, I remember my dad watching a TV program that looked like that term. It was insane. Um, so kind of going off of the world of equestrian games and, and you helping work, um, what is something that you run into a lot, as an expert with working with people who, um, specifically show horses, like, is there something that you, you come across a lot that a lot of people deal with and maybe we're just not realizing that we're all dealing with the same thing.

There are so many things. I think our shared humanity is something that's often forgotten when we're in the midst of these difficulties, but definitely anticipation, anxiety. Um, you know, you're in the Walmart pen or the Walnut ring and you suddenly get their butterflies or the heebie-jeebies about what it is that's going to come next.

And it feels like. Um, all of the skills that you've practiced become unavailable and you can't locate your right leg and your left hand, that kind of thing. That's definitely, uh, a common predicament. Um, comparison is a huge one as well. The feeling of not being good enough. Which really feeds through to so many different things.

You know, I CA I call it, I'm not sure if I can say this word, but I call it the EDBD, um, something else committee, which is like the little voices inside your head, which tell you what you can and can't do that we might know as the inner critic. Um, and so those two things I I'd say would be the most common.

Um, trials of competition, the feeling of not feeling good enough and, and, and anxiety about performance, anxiety, or anticipation, anxiety about not kind of following through on what you hope to, to achieve or experience out there. Yeah. Well, I know as a competitor, myself, that those two kind of ring a bell, so it's nice to know that other competitors out there actually dealing with those same sort of problems.

And like you said, that community. Earlier that we were talking about as a great place to probably talk about those problems amongst other people who have them and, you know, how do you deal with this? And, you know, well, Jean has taught me to do it this way. So I think that that's really awesome.

Absolutely. Yeah. And just also developing, like, I think across the board, we have some social or cultural models, which we all, um, We're all a part of and fade into as well for better or worse. And so, you know, our idea of success and winning and how that's showing up for us and how we're fed information, you know, as a whole about what, what it takes to be a winner and, and how that plays into our writing life is really important to acknowledge as well.

You sort of, you can deal with things on an individual level, but there's also these overriding ideas or concepts about what success looks like and how that actually manifests in our life that we're also playing to as well. So there's a, a number of levels that you can kind of address things on and, and realize like, huh, it doesn't actually have to be like that.

Or I don't have to participate in that system. You know, I can actually choose to make it different, which I think is a really cool part of the process. Yeah. Yeah, no. And, and all of this talking about this, like definitely brings me back to when I was showing as a kid, cause I showed a lot and we were pretty competitive and, and I was always a mental mess.

And my, my trainer at the time gave me a book about, you know, the psychology behind it all and, and it helped and everything, but you know, through the years I've definitely been able to control my emotions more and I'm more confident when I'm doing stuff, but it's so important. And I think it. Like having these mental blocks and, and, uh, fears, if you will keep us from being able to progress as writers.

And so I think it's so important that you, not only that we have someone like you, who who's able to work with people, but like we're finally admitting it out loud. Like I need help, you know, psycho, like, you know, mentally to get prepared for if you're just riding a horse or if you're competing at like the world of questioning games.

Yeah. I just really know it's not a week, you know, there's nothing wrong with you. I think that's part of what I want to demystify. If you feel that you get the wobbles or your, you are feeling nervous or you are feeling anxious. I mean, that's a very normal part of the human experience. It's just that how we approach that.

And the resources that we develop for ourselves really is what dictates how we move forward and the experience that we get off the back of it. So for me, it's about. Whenever we're experiencing stress to the level where it's not productive, you know, where it's not useful for us to be in that space. It's always because our stresses are outweighing our resources.

It's a really simple equation. And so what we need to develop is this. Um, understanding of what our capacity currently looks like and to increase that threshold so that we're able to handle a bigger level of discomfort, you know, more activation in the body. I talk about activation and energy a lot, um, before we feel like our mind leaves the building.

And that's the kind of process that I'm really passionate about because the, the, the important understanding. And I think that we've talked about this a little bit. In our conversation already, but for the most part, people think of what it is they're trying to avoid. So I don't want to feel anxious. I don't want to feel afraid.

I don't want to feel X, Y and Zed. And so I would join something like my program will work together with me in an effort to remove themselves from that experience. But yeah. Our ability to, to increase our capacity also relates directly to how much good stuff we can handle as well. You know, how much success we can handle, how much of the good things flowing our way can we handle?

It's a, it's a reciprocal equation. And so for me, it's, it's about learning to really be able to hold the good and rest in the good and rest in ease as much as it is about learning how to. Cope for want of a better word with some of the things that we might find more challenging because basic things like accepting a compliment can be incredibly difficult for some people.

I mean, if you think about, if I was to say in the colo, you're amazing, you know, this podcast incredible, you work so hard. It's like, you know, there might be, Oh, well, well, you know, you sort of like follow it up. And that's part of the, part of the, um, practice as well. I have noticed that with how, like, I will say stuff where someone will give me a compliment and I'm like, you know, like, Oh, I really like your shirt.

And I'm like, Oh, thanks. I got it on sale. It's like, why did we, why did we say stuff like that? Like, why can't we just say, thank you and just move on with it. Like, why do we have to, to demote it to something? Not as powerful, I guess. Yeah. Well, if, if you think about it, if you think about your body, like a cup, this is probably the easiest way to, to explain it.

And the amount of energy or activation you can hold is directly proportionate to the size of your cup. So some of us have a smaller cup, some of us have bigger cups and that. Is also a metaphor for our threshold. You know, when we're actually, when, when the energy is flowing outside of our carpet, kind of over spills, that's where it's got bigger than us.

And we're not in control of where it goes. So activation or energy comes from a variety of different sources. It comes from, you know, if you think about the experience of anxiety, there's a huge amount of energy in that experience. And. It goes, it exists on a continuum. So if I think about feeling a little bit of worry or concern, that's like a lower grade experience of anxiety that will move all the way through to feeling kind of full-blown panic.

And like I'm completely not in charge of myself. And the same thing exists for positive experience or good feeling. You know, like if you a compliment, like a basic compliment might exist on the lower end of the scale, but then a really big competitive success might exist on the other side of the scale.

And all of those represent. Um, experiences that either exist within our comfort zone or outside of them. And if they exist outside of them, then we, we, we engage in behaviors or actions, which cycle aspect down to what it is that we already know. Is this making sense so far? So, this is where we have like self-sabotaging behaviors, for instance, where you're like, Oh, I, I feel like I've got it going on.

This is going really well. And all of a sudden I do this thing, which puts that to an end, you know, which stops at, and the reason that that happens is because you reach a threshold for how much you can comfortably handle, even if it's what you. Actually believed to be something that you want, you know, so this is kind of like the paradox of the situation.

So I forgot the original question. I was going on a tangent. And then, um, I forgot. Can you remind me of the original question? No, we were just talking about like, not even being able to accept compliments and like, if somebody just even a small one about like, Oh, I really like the shirt you're wearing and you like kind of demoted to just be like, Oh, the things I found it on sale or whatever, you know, like you can't just say like, Oh, thanks like me too.

Or whatever, you know, like, Yeah, there's a receiving of energy there. Right? You have to be yeah. Open to receiving something. And that openness requires a level of vulnerability and that feels uncomfortable. You know, if you think about what it means to, if I give you a compliment, you have to accept and absorb that compliment.

And you're not essentially. In control at that moment in terms of what we might typically understand as feelings of being in control. And so you can track back around it, you try to like you clamp down so that you're not exposed to, to that level of openness. And I think that most of us are moving through life in a degree with a degree, rather of contraction of kind of tightness or holding on to, to our experience because that.

Gives us the feeling like we're in control of what it is that's happening. And also that we're more in charge of what it is that potentially might happen. So if you, and this is certainly the case of overthinking or constant anxiety or constant worry, we delude ourselves, or we trick ourselves into thinking that that somehow.

Puts us in a position of potentially preempting, more bad things happening. You know, if I worry about things, then perhaps I'm going to get an earlier sign of something going wrong and I'll be able to preempt it. And so we don't let ourselves relax. We don't let ourselves rest all of those kinds of good things that we need more of because it feels unsafe to do so.

And so part of that experience and increasing your capacity is yes, it's important to be able to move. Before it and to have mentioned, and to keep going in that way and to kind of act with energy, but I also equally need to rest and relax and be easeful about how it is I'm approaching things. And, and even though we were talking about something as simple as a compliment.

All the things that you just said, definitely like transfer over to the way that you ride a horse and you know, not being vulnerable and wanting to know exactly what's going to happen. So I can totally see how all of that. Like, even though like in my brain, I want to separate like something that I would do on the ground that just talking to a person is so different from riding a horse, but it truly isn't, it's all the same.

Yeah, it really is all the same. And it's being able to maintain a sense of yourself in the midst of the midst of an experience. And so many of us lose that, you know, in conversation, you, you find yourself saying yes, when you mean know you, find yourself thinking what you're going to say without actually listening to what the other person's saying to you.

So you're already head. Of what it is that's happening in your mind and cycling back and being able to recognize when your already falling into the future, essentially like when your body's falling into the future, but you're not already there yet being able to get a sense of your own backbone and your own center is so important, so that you're actually truly present to the moment and then able to.

I've said this a number of times, and I can't think of another way of saying it direct the energy intentionally or, you know, make decisions that are actually coming from a settled place rather than a place where you feel like you're on that spinning. I am so glad that we

had the chance to talk with you right now, because this morning I have actually been listening to a ton of like rider mindset podcasts, because.

All week, for some reason, I've just had anxiety over a barrel race that I'm going to be going to. And that's so unlike me to have any sort of four to any form of anxiety, because I'm like. You know, I, I go to have fun and that's what keeps me happy and going and stuff. So I'm really glad that, you know, we're listening and I'm able to hear all of these things that I'm like, I needed to hear this today because I have just been anxious about writing, which is something that I just love to do.

Well, we shall, I speak to that a little bit because I think it's something that's really commonly happening right now. Um, and, and as well, like if we think about the atmosphere of the world, which you can't separate yourself from as much as we might like to on certain, in certain situations, it's very charged right now.

There's a lot of stuff coming in. There's a lot of things which are competing for your attention. There's a lot of information, which is fear based, you know, and that is activating, it's incredibly activating. So if you think about having a capacity, but also having a limit. But how much stuff you can handle before you actually move into a survival response, which essentially is what anxiety is.

We have to make sure that we're not flooding our system away from our horses, with like Facebook or news or negative conversation, because all of that is requiring something of us. And so at the moment, there is an experience of people perhaps experience having more anxiety than normal or feeling more kind of.

Out of whack the normal simply because the environment that we're all a part of right now is conducive to those feelings or to those experiences. So, um, the, the model that I work to is one that's called the window of tolerance. And basically that's a way of describing your nervous system. It's a way of us understanding.

What it looks like when we're sitting in the zone where we feel like we've kind of got it going on, where we can do this, where things feel possible. And when we move to the edge of that zone, it's a situation that I call flipping your lid, which is basically, as you get to the edge of your window of tolerance, you start to move into sympathetic activation, or you move into the channel in your nervous system, which is more based on survival.

And that's what we would understand as the fight flight freeze response. Right. So anxiety is when you're in that space rather where you feel like you've got it going on. You're also plugged into the prefrontal cortex, which is if you put your hand on your forehead, that's where your prefrontal cortex lives and that's the logical.

Analytical part of your brain that allows you to plug into things that, you know, that will help you, that allow you to think things through that allows you to kind of maintain your cool and access your higher wisdom in the moment. So when you're in your zone of tolerance, that's, what's online. Now when we move ed to the edge of our window of tolerance, that's where we flipped into the place where our prefrontal cortex kind of goes offline.

If you like, if you think of it in simplistic terms and you're operating from the smoke alarm part of your brain, which is the amygdala, which is the one that's prime to look out for threat, right? So this is where you start to look out for everything that might go wrong, where you start to think about all the things that might make you anxious.

And it's simply because you've got to the stage where your nervous system has started to move into a survival response, and you're not tuned in to the higher wisdom part of your brain that would allow you to access resources. So for me, the approach used to be that I would work from the top down, which is okay, how are we going to change those thoughts?

How is it that we're going to redirect your focus? But now I understand what we actually need to do is come back into a place where we're tuned back into that prefrontal cortex. And that means we have to actually come the nervous system. We have to stabilize the nervous system and get you back into a responsive place.

And as a consequence of that, the thoughts naturally change themselves. Does that make sense? Yeah, and I mean, it all definitely makes sense because when you said, you know, getting into the worry, some, you know, aspect of it, my horse. Took a funny step this morning. And I was like, Oh no, something's wrong.

We're not even going to be able to go to the barrel race this weekend. But in reality she's 100%. Okay. But it was just me making something up in my brain that I was fearful and worried because I've just been, you know, anxious. So all of that pieced together, it makes a lot of sense. Yeah. Yeah. Yeah.

Movement-based active. Like movement-based activity is so important as well because when we have an experience of, um, Feeling anxious or having like a little bit about, you know, like when something worries you or you read something that creates a bit of activation in the body, there's a release of adrenaline and cortisol that happens, and that needs to be processed physically.

And for those of us that are sitting a lot or, you know, more sedentary than normal. We're not actually writing out or processing the normal amount of activation through cortisol and adrenaline that's being released in the body. And so we're getting a buildup of that in the system. So movement is so important, being able to mobilize, being able to walk around and, and kind of, um, you know, utilize your body so that you're not getting to a stage where there's a buildup of, um, of things in the system that then come out at times, which aren't.

Useful to us, like when we're working with our horses. Well, and, and like, kind of going off of what Kayla was saying, I've definitely caught myself, like when I'm riding and, and I just like go onto this weird path of like these, these situations that could, or scenarios that aren't even happening. And I'm stressing out about like, Oh my gosh, well, what happens?

What am I going to do? If this happens here and I can't do this and I can't go here, when in reality, there's no signs of that scenario even happening. And it's just like, Something in my head is just like, I just have to have something to worry about. Yeah. Well, with everything that's happening right now, I mean, we can't exclude COVID from our experience, no matter where in the world we're living, I've noticed that people are flooding themselves.



So if we think about horse training and flooding, which is like, you know, really introducing a stimulus over and over and over again until the horse basically tunes it out, we're doing that. On a regular basis on a daily basis to ourselves. If we're addicted to the news, if we're constantly trying to find out what's going on, if we're on social media and that's kind of giving us all of this information, which is overwhelming, or we're looking at all the bad news stories that are going around, we, we need to sensitize ourselves to when it is we're starting to.

Get outside the zone of feeling like we're okay. And most of us have only an awareness of two main polarities, which is I'm totally okay. And then all of a sudden I'm totally not. Okay. And actually there is a whole trajectory or a whole series of levels that exist between those two points. If only we take the time to sensitize ourselves to them and we have the resources and skills to do so.

So for instance, Coming into social media or, or opening up, uh, a news website with the idea of, I have to be informed. I need to be a good person and find out what's going on. Can lead to a situation where you actually tune out of those little indications that your body's had enough, which can be kind of like feeling distracted or needing to look away or feeling like that was kind of a lot.

And we're overwhelming ourselves to the point where we don't even notice that we're close to the edge of what is we're able to handle it. And then we do something which seems totally unrelated, like working with our horses. And we're like all of a sudden, it just feels too much. Like we don't have that threshold anymore.

So I'm seeing that happen a lot at the moment where people are basically overstimulated. Too, they're flooded with news and information or, you know, energies, which feel too much. And aren't actually taking the time to look after themselves in the day-to-day and that's having some, um, yeah, some kickback when they get out there.

And what are you doing to kind of help these people just like step away from that negative space and focus on, on more positive stuff, maybe. Yeah, sorry. It's, it's such an interesting conversation because it's not about the conversation that I'm having is not about ignoring what's right. Going on. So we don't want to pre 10 doc like this box of what it is that that's happening.

But if we think about the nature of self care, I think that self care has been put forward. As you know, when I think about self care or when I used to think about self care, it will be like, Oh, you book a massage or you like, you know, you take the day off or there's something that's removed from your day-to-day life that you do as kind of an indulgence.

And I've really changed up that definition for myself. And I try to impart that with people I work with as well in that self care is about tuning into your own. Internal world and recognizing when you need to participate in something and when you need to remove yourself from something. So the evolution of the work that I do hopefully is actually about teaching people to honor what is going on inside them and to actually vocalize or be able to

mobilize or action what it is they need, as opposed to teaching them to put up with something or to enjoy something more.

So if we think about, um, really basic things, like, do I go to the toilet when I need to go to the toilet? I mean, so many of us will be like, I've needed to go to the toilet for two hours. That's like, that's an internal. Trigger in your system that you're ignoring, you know, that you're overriding. Do you eat when you're hungry?

Do you drink when you're thirsty? These are like the really macro levels of self care that many of us actually aren't paying attention to. And you can see how we've become desensitized from our own internal world and our own sensations and feelings because we're. We'd been trained out of it, you know, the school system as well.

Like you sit at school, you can't go to the toilet till the end of class. You eat at lunchtime, which is at 1230, you know, we've been systemized into ignoring our own. Um, our own notification system. And so what I'm really interested in is how do we get tuned back into our own notification systems? So if I start to feel a little bit anxious and concerned, I recognize that I have resources that allow me to come back to myself and do in the best way possible without, before I get to the, to the space where it feels.

Like it's too much or too hard. And this conversation relates to everything. I think like how do I read the news and then recognize actually, you know what I think for me at the moment, this is too much for me today. I need to go and do something else. So that we're sustainable. We're a sustainable presence.

That's one of my favorite kind of. I terms, I guess, where it's like, we need to be a sustainable presence for our horse, which means we're not like burning brightly and then fizzling out. And it's the same in life right now. Like we have to be a sustainable presence through this experience and in our life in general, how do we create a life and a support system around us?

It allows that to happen so we can be there for what's important for us stand up for what it is that we believe in without feeling like we need to burn out on the other side of it. Um, you bring up so many good points and you talk a lot about these kinds of things in your own podcast, too. You have a podcast called the confident writer and I just recently started listening to it and I just absolutely love all the different things that you break down.

I mean, yeah. You, you work with, um, you know, so many different aspects of it. It could be, you know, I'm afraid of cantering, which I think was your more recent one. Correct. Um, but you just, you go through so many different aspects of RA riding and, you know, uh, being with your horse and just as a person in general.

And, and I think it's so great that you, um, you're doing this podcast because I think it's a really great way to reach a lot of people and just help, you know, just help people in the horse industry get better. Thank you. I love podcasting. I mean, we're on a podcast now, obviously, but it's been, it's such a amazing way of creating a conversation and intimacy with someone, you know, because you're in, you're in their ear balls and you can you, I feel like I

know the people that I'm working with and hopefully it just gives, it creates a platform and an opportunity to share things from a much more.

Broad perspective in that, like let's sit down and have a coffee together and talk about what's going on here. That's uh, that's the vibe, hopefully that I'm going for. So I love it. Yeah. No. And I think that's probably why I love it too, is because that's what we, people always, when we're interviewing people, they're like, okay, can you send us a list of questions?

And I'm like, no, I don't, I don't want it to be just like a Q and a, I want to sit down and talk to you and just like, let the conversation kind of lead us where it goes. I don't want it to just be like a strict, like, where are you from? How'd you get involved with horses? Why did you want to be a horse trainer?

Like, I just, I want to get to know these people and like, like you, like, you, you might not be a horse trainer per se, but you're doing it. So much for the horse industry. And I just, I want to get to know those stories. Oh, thank you. I completely agree. I'm such a refer, you know, it's like, let's roll with it.

And whenever I've been on the other side of the microphone, like interviewing someone, I inevitably go off track anyway. Like I, the poor things, they probably like it. If I've had people that have, that have wanted like the set questions as well. And I'm like, okay, but I just want to let you know I'm with someone that kind of goes off on their own tangent at times.

So. You might as well know what you're signing up for that makes it so much more fun and lively. I mean, as a listener to podcasts, I don't want to listen to something that's a Q and a, I want to go off on the tangents and feel like I'm sitting around a coffee table with everybody and getting to know everybody and just chatting and.

Just feel like I'm able to see everybody and talk to everybody and learn about, you know, everybody's stories, whether it's a horse trainer or, you know, a personal trainer is in essence, like you are and you know, different things like that. I, I love podcasting. I think it's so much fun. And, you know, being able to talk to people like you and learn more myself, being able to ask the cool questions that you know, I'm having, you know, thoughts about you answering them.

I completely agree. It's been such an evolution on both sides of it actually. Like I am so much more nervous being interviewed than I am being the interviewer. And I'll probably listen to this back and I'll be like, Oh, waffled on with that one. Or that was not a succinct way of saying that. So it's definitely an art form on both sides of the, on both sides of the microphone.

Yeah. But no going back to like, what McKayla was saying is like, we love podcasting and I always joke that, like, it's for selfish reasons, because I want to ask all these questions for like my own sake of learning me too. Me too, or the amount of times I think like, so I've got a young horse I'm working with.

And what would you do in this situation? Exactly for the listeners, of course, for the listeners. Exactly. And back to the first ones where you're just getting into the groove of how the whole thing works. And I was doing a lot of video before I podcasted. And then podcasting is it's whole new thing where there's no feedback.

If you're, especially, if you're by yourself, you're not, you're just talking into space. And that was an odd thing for me to get my head around, to start with. So I do cringe at the earlier episodes where I feel slightly more like. Wooden. And I'm like, ah, really, there's no animation in my voice. So what am I doing in that episode?

So, yeah, it's, um, it's a work in progress all the time. Yeah, I relate to that 100%, but I was also going to say that I feel like talking to you though. It's not as specific as talking to a trainer and saying, I have this specific problem with my horse because clearly we all, as writers are having the same kind of problems.

I mean, Nicola and I just discovered that we had similar problems. And you said that. You know, there are common problems that people have. So talking to you is a little different in that sense that, you know, we actually are helping the people overall. Well, yeah, it is for the people. We do this for the people.

Yes. I think it's really reassuring to hear someone like you say that because then I'm like, Oh, okay. It's not just me. Oh, my goodness. I can tell you some stories. Like I remember the first episode, I was like, I actually, I don't think I'm going to do this. I can't, I can't do this. This is ridiculous. And I remember, I felt the same way about video, where I got like the hot sweats and I was like, what is happening?

As soon as I press record, I turn into someone that's more like a inanimate object than a human being. And, and so that takes them some time to get. To get practiced at, but I remember I sat on the floor. I sat like in different places. I'm like, can I be more natural over here? What about if I hide under this chair and talk, is that better?

And then eventually it's got to the stage now, 60 something episodes later where I can just press record. And for the most part it's. No as physically painful as it used to be for our listeners who have not checked out your podcast yet. Um, you guys should definitely listen to it. I've really been enjoying it lately.

It's called the confident rider podcast with Jane pike. Um, I'm sure they can probably find it everywhere that you can listen to podcasts. Yeah, yeah, yeah, absolutely. If you've got a favorite podcasting app, you should be able to. To type in the title and find it there, hopefully. Perfect. And then on that note, can you also tell our listeners where they can find out more about you and the programs that you offer?

Because I think that, um, like I want to join the Facebook group immediately and all that stuff. Cause it just sounds like such a cool community. Yeah. It's pretty awesome. So my website is confident rider.online. And you can find most of everything that I've got going on there, I've actually got a whole new bunch of stuff coming out this week while at the time of recording this week.

So looking forward to putting that out in the world, but as of right now, there's joyride, which is my membership program or my online program and all the details about that are on my website and the Facebook. Great is attached to that program. A it's a new business. Um, You can work with me one-on-one but I have also a variety of, um, different kind of standalone trainings that I'm just working on that I'm about to send out into the world on a variety of different topics.

I'm kind of hoping to do one a month of those, um, that you'll be able to join just as sort of a non-member. Um, so that's really exciting. And yeah, my podcast is there is another hub that I like to hang out on, so it's, it's pretty cool. Thank you so much for having me on as well. Yeah, thank you for, for, for, um, doing this with us and waking up so early to get on a podcast interview, like a lot, I'm an obnoxious early, early riser.

So which, which makes the other end of the day. I'm not such a, you know, I'm not, I like to think I'm a party animal, but party animals probably like two at 8:30 AM a beat PM. And then like, where's my book. Let's do this. That's me too. Uh, well, thank you again for doing this with us, and we're so excited to have you be part of the horse and rider team.

And, you know, we're, we're going to be doing more with you here in the future, and I hope that everybody could take away a little something from this and maybe learn a little bit more about themselves too. Well, thank you. It's such a pleasure and an honor, I really appreciate it. Thank you guys for tuning into the ride podcast.

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How many stars McKayla five stars, please.