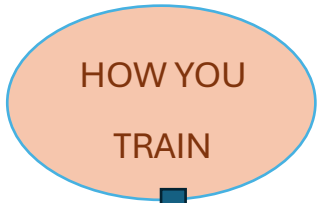
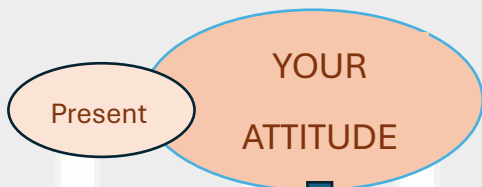


# MLH Training

## Effective Training

Depends on your Horse

Depends on you



Address mindset – not ability

- Awareness
  - Cautious
  - Curious
- Sensitivity
- Confidence
- No long thoughts
  - To a target or a destination
- No magnetism
  - To a target or a destination

Learn from the past.  
But don't dwell on it

Groundedness

Calm

Positive

How can I Help?

Nothing is Personal  
(Pretend the horse is not yours)

Do one thing well

Have Purpose.

Offer Clarity.

Be Accurate.

Know the exact answer before asking a question

Don't micromanage

No white noise

Listen but be heard

Be clear. Have boundaries

Connection + Trust