

*Being Herd*

# CONTENT *overview*

# Hello!



## **Welcome to the World of Wild Horses!**

Our Journey through the 5 Levels is your roadmap to understand what wild horses can teach us about real trust, clear communication and calm, natural leadership.

This is not a fixed method — it's a path to see your horse's world with fresh eyes, step by step.

You'll discover what makes your horse feel safe, when it truly wants to follow, and how your own clarity shapes every interaction.

**I'm so excited to maybe meet you within Being Herd!**

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# 1

## Level 1: The World Of Wild Horses

WELCOME TO BEING HERD

### **Do you sometimes think...?**

- 👉 "I don't understand why my horse behaves this way."
- 👉 "Am I too soft, too strict—or just doing something wrong?"
- 👉 "I feel like we're speaking two different languages."

### **Then this Level is for you. You'll learn:**

- ✅ How wild horses live and why your horse's behavior always makes perfect sense.
- ✅ Why your horse reacts to you the way it does—and what that means.
- ✅ How to build a safe foundation so that your interactions are more relaxed.

### **Your Transformation:**

- 🦋 I suddenly see my horse and our relationship with new eyes.

### **Bonus Materials:**

- 📁 E-book, workbook, guided meditations, exercises and more...

### **The Videos in detail:**



# Overview

## LEVEL 1: WILD HORSES

- 01** It takes a Village
- 02** Rank – What it is and isn't
- 03** Lead Stallion and Lead Mares
- 04** From Foal to Herd Stallion
- 05** Conflicts within the Herd
- 06** Conflicts between Herds
- 07** Conflicts among our Horses



## LEVEL 1: FOUNDATION WITHIN

- 08** Self-Love
- 09** Self-Responsibility
- 10** Self-Care



# 2

## Level 2: Invitation

### GETTING INVITED

#### **Have you ever felt this way?**

- 👉 "My horse ignores me or seems more interested in other horses."
- 👉 "I don't feel a real connection—do I even matter to my horse?"
- 👉 "Should I be more dominant to get my horse's attention?"

#### **Then this Level is for you. You'll learn:**

- ✅ How wild horses invite new members into their herd
- ✅ Why your horse might not see you as part of its herd.
- ✅ How to invite your horse to welcome you into its world.

#### **Your Transformation:**

🦋 I'm now part of my horse's herd,  
and it has changed so much.

#### **Bonus Materials:**

- 🎁 Guided meditations, workbooks and more.

#### **The Videos in Detail:**

# Overview

## LEVEL 2: INVITATION

- 11** Mirroring
- 12** First Steps
- 13** Greeting
- 14** First Days



## LEVEL 2: FOUNDATION IN TOGETHERNESS

- 15** Empathy



## LEVEL 3: SENSES

- 16** Beyond Words
- 17** Sight, Sound & Body Language
- 18** Touch, Scent & Motion



# 3 Level 3: Becoming Herd

NATURAL COMMUNICATION & HERD RULES:

## **Does any of this sound familiar?**

- 👉 "I give signals, but my horse doesn't respond the way I expect."
- 👉 "My horse often ignores my boundaries and even pushes into me."
- 👉 "Sometimes, I worry that my horse senses my own insecurity."

## **Then this Level is for you. You'll learn:**

- ✅ Why your horse has to react this way—because it always follows your energy.
- ✅ How wild horses communicate—and why your horse sometimes doesn't understand you.
- ✅ How to finally speak a shared language—without dominance or force.

## **Your Transformation:**

- 🦋 I now send clear, authentic signals that my horse immediately understands.

## **Bonus Materials:**

- 🎁 Guided meditations, workbooks, e-book and more

## **The Videos in Detail:**

# Overview

## LEVEL 3: HERD LIFE

**19** Through the Seasons

**20** Daybreak

**21** Nightfall

**22** Life & Land

**23** Mare or Stallion

**24** Fiery & Bold

**25** Steady & Strong

**26** Deep & Connected



## LEVEL 3: INTERACTIONS

**27** Contact

**28** Personal Space

**29** Resilience

**30** Building Bonds



# 4

## Level 4: Assuming Tasks

### TAKING ON RESPONSIBILITIES

#### **Maybe you've experienced this?**

- 👉 "My horse pulls, drags behind, or stops when I lead it."
- 👉 "I don't want to use force, but I also don't want my horse to walk all over me."
- 👉 "How do I balance kindness with clarity when I ask something of my horse?"

#### **Then this Level is for you. You'll learn:**

- ✅ How experienced herd members take on responsibility—and when.
- ✅ How to lead with natural, calm signals—without dominance, but with clarity.
- ✅ How to solve common issues like pulling, stopping, or anxiety in a peaceful way.

#### **Your Transformation:**

🦋 I can now lead my horse safely and clearly, without feeling nervous or frustrated.

#### **Bonus Materials:**

🎁 Video Analysis: A personal 1-hour session on Zoom for you and your horse. Learn more about it here: [Work with Me](#)

🎁 E-book, guided meditations and more

#### **The Videos in Detail:**

# Overview



## LEVEL 4: TEAMPLAY

- 31** Teamwork
- 32** Guiding the Way
- 33** Leading in Motion
- 34** Learning

## LEVEL 4: ONE DAY AT THE BARN

- 35** Welcome
- 36** Gentle Moments
- 37** Being Social
- 38** Activities
- 39** Adventure Walks
- 40** Good Bye





# 5 Level 5: Natural Leadership

## ASSUMING LEADERSHIP

### **Does any of this feel familiar?**

- 👉 "I want my horse to trust me in new environments—not just at home."
- 👉 "I want my horse to follow me without hesitation, even in uncertain situations."
- 👉 "How do I know when I'm truly my horse's leader?"

### **Then this Level is for you. You'll learn:**

- ✅ How herd stallions resolve conflicts and build trust within the herd.
- ✅ How to offer your horse clarity and protection in every situation.
- ✅ How to become the leader your horse follows voluntarily, even in unfamiliar settings.

### **Your Transformation:**

- 🦋 I became a natural leader—the person my horse chooses to follow.

### **Bonus Materials:**

- 📖 E-book, guided meditations and more
- 📖 Mini course: paddock designs

### **The Videos in Detail:**

# Overview

## LEVEL 5: CONFLICT MANAGEMENT

### **41** Calm Presence

## LEVEL 5: SAFETY

### **42** Let's Go

### **43** Protection

### **44** Boundaries

## LEVEL 5: BETWEEN HERDS

### **45** Conquest

### **46** Special Friendships





# Overview

## LEVEL 5: HERD CHARACTER

- 47**    **Small Herds**
- 48**    **Closed Herds**
- 49**    **Balanced Herds**
- 50**    **Tolerant Herds**
- 51**    **Energetic Herds**
- 52**    **Integration**
- 53**    **Outlook**



## Bonus Overview

**E-Books:** Energy Work; Self-Care; Series: Self-Love & Self-Leadership (4x).

**Guides:** Natural Signals; One Day at the Barn.

**Workbooks:** Energy Work; The Dream Begins.

**Guided Meditations:** Self-Love; Releasing my Horse; Dream Vision; Intuition; Change of Perspective; Peace with my Partner; Burning Commitments; Transform negative Emotions; Ascending my Throne; Heal your inner Child.

**Exercises:** Mine or Yours; Shaking Practice; Boundaries; Feel your Body.