

THE CENTERED INSTRUCTOR

By Valérie Cornille – Belgium level II CR instructor (published in CR instructors newsletter februari 2013)

For a long time the idea for this article has been forming in my head but a recent article made me decide to write this down now and I hope I can inspire ... ☺

In my years as an instructor, I have been lucky to invite and meet several internationally renowned instructors, have attended several courses and workshops, and this all for one reason : getting better in what I do, who I am, sharing information to the horse world I am in, for the betterment of horses.....

What I learn and see is magnificent from the theory and practical perspective and I love them all for this, but what I often see from the instructors as a person is sometimes less then magnificent. The bigger their name gets, the more success they have, the bigger also their ego becomes

Rates go up to staggering heights, (critical) questions are denied or waved away, Basic knowledge they backed when they started are changed for the benefit of the higher level of students they teach nowadays,

Where is the centering I wonder?

I am sure every one of us all over the world starts out as an instructor out of love for horses but : we evolve and change, but does it stay connected with what we believe and stand for or do we adapt to comply with the student before us and therefor neglect the real needs of the horse? Do we really want to work together to change the world of our horses for the better or do we only want to say to the world how good and better then the rest we are?

It's a human reaction to feel the best if people around us keep saying we are, but can we stay humble and question ourselves every day again and again ? Do we publish books or articles and get our facts straight or is our only goal to promote ourselves ?

Are we simply said instructor because we want to help horses and their handlers / riders or is our main goal making a profit or nourishing our ego?

My humble believe is that if the answer to these questions is always : helping the horse by helping the humans from the bottom of our hearts and center, we can call ourselves a centered instructor, whatever the level or knowledge we have.

My true hope is that each one of us keeps looking in the mirror, centering, feeling and more then anything stays honest.... This truly benefits the horse world we are in

