



lisa wysocky's success tips newsletter

THE NEWSLETTER FOR PERSONAL AND EQUESTRIAN SUCCESS

Idea of the Month:

"Life is either a great adventure or nothing."
Helen Keller

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Dear Lisa,

I like the words of Helen Keller. Essentially you can go where life takes you, or you can create your own big adventure. The choice is yours. Sometimes it's easier to go along with the flow, but how exciting it is to experience an adventure that you will remember forever. Everyday, life offers choices. Everyday you have opportunities to meet new people, go new places and learn new things. But too often people pass up a new opportunity because it requires too much effort or because they are afraid to try. This month's challenge is to be bold. Be brave and try something new. Go somewhere you have never been before. Open your mind to a new idea, and later, you will be pleasantly surprised at the positive change this newness in your life brings. --From [Success Within: How to Create the Greatest Moments of Your Life](#)



One of my more exciting recent adventures is being chosen as the featured trainer of the month on [The Judge's Choice](#) web site. This is a wonderful and informative site for horse lovers, and I hope you each will take time to check out the site and the very nice article.

Understanding Body Language

Everyone understands the meaning behind a smile or a frown, and we all realize that there are many kinds of smiles and frowns. We know this because as humans we spend much of our very early years studying facial expressions and body language of the other people around us. Why then, when we choose to deal with our four-legged friends (our beloved dogs, cats and horses) do we not study them with equal intensity?

Every species uses body language to communicate and we humans often ignore even the most basic attempts at communication from four-legged friends. When a horse flicks an ear or turns her head away, it can mean disinterest. When a cat swishes his tail quickly, he may be ready to pounce. Humans who do not take time to closely watch and react to their four-legged partners are truly missing out on one of life's greatest adventures. So take time together to know a four-footed friend on an entirely new level. All you have to do sit back and closely watch your friend relate to other people and animals, and watch how he or she behaves on their own. Then you can modify your own behavior to achieve the results you need. (This is also a wonderful leadership tool you can use at work, or with your family.) -- From [My Horse My Partner: Teamwork on the Ground](#)

Read on...

A New Goal Reached!



"I had been having a lot of problems with my new gelding walking all over me. He was good with his former owner, but very disrespectful of me on the ground. Through *MyHorse, My Partner* I realized that I not only was telling him with my body language and actions that it was okay to disrespect me, I was allowing the behavior by not being consistent in recognizing it and correcting it. It was hard at first to set limits, but I realized that we all have limits and rules that we follow in our home life, in our jobs and in society, and my horse is no different. It has taken several months for me to find consistency with him in my body language, stimuli and reactions, but I've noticed a huge difference. I also find that I am more conscious of what my body language and actions tell the people in my life and have seen a lot of improvement there, too!" Kelly Thorne, Lewisburg, TN

If you have a success story you'd like to share, email it, along with your name and address, to: lisainfo@comcast.net

Read on...

Bonding with 4-Legged Friends



It seems as if every time people interact with horses we ask them to do something. So sometimes it's nice to offer your horse a quiet, pleasant interaction with you through light massage. First, find a quiet area. If you can turn on some soft music, that's even better. Then begin touching your horse with firm, rhythmic strokes. Work from front to back and top to bottom on both sides. Be sure you are relaxed and take note of areas your horse likes to be touched and areas she doesn't.

This should be a relaxing, special fifteen to thirty minutes that the two of you spend together. It is also a great way to check your horse for cuts, scrapes and bruises, to check body tone and to bond on an entirely new level with your horse. You can try this with your cats and dogs, too! --From *MyHorse, My Partner: Teamwork on the Ground*

Read on...

Exciting Upcoming Events



NEW 14 week online clinic: "LISAWYSOCKY'S EQUESTRIAN SUCCESS"

With rising gas prices, it is harder and harder for many people to attend clinics. With that in mind, we are very excited to announce a 14 week online clinic "LISAWYSOCKY'S EQUESTRIAN SUCCESS." This is a rare mentoring opportunity working directly with Lisa that will help you bond with, learn to work with and understand the thought patterns of horses. Best of all, you can participate from the comfort of your own home.

The first class begins in June and offers one-on-one phone calls with Lisa, group telephone seminars, motivational audio CDs, books and DVDs, and video critiquing of you working with your horse. You will learn time management, decision making and goal setting strategies that will help you grow and progress with your horse. Additionally, you will learn how to get your horse's respect and teach him or her to be a steady, trusted companion to you. You will add to your ground training

skills and those who ride will see improved performance under saddle. This opportunity is limited to fifteen participants. Several of these spots are already spoken for so if you are interested, contact us today.

For further information, send an email to lisainfo@comcast.net with EQUESTRIAN SUCCESS in the subject line, and we will email you details.

Want to catch Lisa live? We're constantly updating the itinerary for equestrian, corporate and motivational dates, so in addition to the events listed below, be sure to check out the full [itinerary](#).

May 24, 2008: The Power of a Whisper Lecture Series (with Sam Powell), Lenoir City, TN. Event benefits Shangri-La Therapeutic Academy of Riding (STAR). For more info contact: star@rideatstar.org, mmeade@tracylawrence.com, or www.powerofawhisper.com

NEW EVENT!

September 12-14, Jamestown, TN

THE CLINICIAN'S CHALLENGE

Equine clinicians Lisa Wysocky and Sam Powell have teamed up to present this unique event! Clinic participants will divide into teams and spend more than two days being motivated and taught by either Sam or Lisa. On the final day, teams and team members compete with their horse on a trail course on the ground and under saddle for prizes. This is an event that you do not want to miss! Interested in learning more? Send an email to lisainfo@comcast.net with CLINICIAN'S CHALLENGE in the subject line.

Read on...



BE SURE TO STOP BY THE HOMEPAGE AT LISAWY SOCKY.COM. There, you can view the 60 second *MyHorse, My Partner* video clip, view new photos, read updated news from Lisa, take our quick survey, and more. Those taking the survey will receive a free short fiction story via email.

If you have a copy of any of Lisa's books or DVDs please consider writing a short review on Amazon.com. Many thanks to those who have already done so!

WE APPRECIATE YOU FORWARDING THIS NEWSLETTER TO ALL YOUR HORSEY FRIENDS! It's easy, just click on the link below.

This newsletter is dedicated to my kind and funny friend and former client Jim Hager, who passed away May 1, and is in loving support of his brother Jon.

Until next month . . .

Sincerely,

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