



Power Persona

Module Four, Session Two

During this session I'm going to help you Identify your "Power Persona".

Who are you when you are at your most powerful and confident?

Do you have trouble calling up that person when you most need to?

Having a power persona is a really fun way to access courage and begin to build a muscle around riding with the confidence you crave. Having a power persona involves imagining that you ARE a person who you admire. When you're riding, call up a particular rider who possesses qualities you want to have. Your Power Persona can be someone you know, a role model you admire, an archetype, super hero or a character from a novel. Having a Power Persona is not about wanting to be someone else. It's about claiming, developing and magnifying your most deep-seated positive qualities. Your Power Persona allows you to embody the characteristics you most desire to awaken in yourself. It will help you ride like you want to ride instead of according to how you happen to feel in the moment.

Ask yourself the following questions:

1. What rider do you most admire? It could be your own trainer. Other common answers are Steffen Peters, Beezie Madden, Charlotte Dujardin, and Buck Brannaman. When I was eventing, my Cross-country power persona was Mark Todd. I will never forget the feeling of confidence and courage I got watching him pilot his 15.3 hand Charisma around Cross Country at the Olympics. It was something about their scrappiness that I wanted to own. Who makes your heart stop when you watch them ride?
2. What do you admire about them? Be specific. Is it their presence, their suppleness, their confidence? These are not things you don't have. They are

qualities you already possess that you can cultivate and strengthen by stepping into your power persona. Next time you're in the saddle, conjure your favorite rider and embody those qualities you most admire.

When you visualize a rider and allow yourself to BE that rider, your brain will take over a lot of small motor movements and details you normally have to manage individually. You'll find you no longer need to remind yourself to look up or give with your hands if you're imagining and embodying a rider who does that well.

Recently, I was talking with a client who was struggling with feeling confident around her new horse. Her instructor had been telling her she needed to be a leader with him. At some point, she began telling me about how confident and calm she had felt around her previous horse. We realized that she was actually her own power persona! She practiced "being" the leader she was around her old horse, while she was working with her new horse. She was able to completely shift her relationship with her new horse and reverse some bad habits that had been forming. So... you never know when you, yourself might be able to provide just the inspiration you, yourself need!

Power personas can jump in to help you out when you're not in the saddle as well. Conjure up your power persona during a conversation or situation you find challenging. Imagine that you're someone who you know would handle it the way you want to handle it rather than how your Inner Critic wants you to handle it.

There was a period of time when I was really challenged by transitioning my teaching and training business to coaching. I had to say no a lot to judging and teaching opportunities. I found myself spread thin and getting talked into things that I knew were not in alignment with my goals. Years ago, I'd seen a clip on TV of Oprah in her office on the phone saying no to someone who was asking her for something. She was clear, to the point and kind but also fierce about protecting her time and energy. During that same clip, she told a story about saying no to Elton John once and how hard it was. She is still my power persona when I'm in situations where I need to have clear boundaries and say no to protect my energy. If I'm tempted to say yes when I should say no, I pretend I'm Oprah. In that moment, I'm able to be who I want to be rather than who my People Pleasing Inner Critic wants me to be. I shared this with a business owner recently who needed some gumption and courage on the phone with business associates. Now she also conjures up Oprah whenever she needs to make a tough phone call.

Like any unfamiliar tool, using a Power Persona might feel uncomfortable at first. You may find you need to use different personas for different horses or situations. As always, I encourage you to play with this and see where it takes you!

