

COMMUNITY PROFILE

LUCINDA NEWMAN:

Horses and Pathfinders aims for horses to help humans with personal growth

HORSES & PATHFINDERS

Equine Guided Education, Leadership & Coaching
6899 Route 100B
Moretown
223-1903
www.horsesandpathfinders.com
\$65 for the first 1½-hour session;
\$25 for subsequent half hours

By MARY GOW
CORRESPONDENT

MORETOWN — At the confluence of the Mad and Winooski rivers in Moretown — a spectacularly scenic spot with rolling pasture, views that don't quit and a crisp red barn — the waters are not the only things that come together. In this peaceful landscape, people come together with horses. The horses are not there for riding, but rather to help people gain insight and develop self-leadership.

Horses and Pathfinders, located on Route 100B in Moretown, is an Equine Guided Education center, the only one in New England. Founded by Lucinda Newman, Horses and Pathfinders supports personal growth for individuals and groups in business, relationships, self development, or horsemanship.

"I like to frame it as leadership presence development — how are we going to lead our lives in whatever domain," said Newman. "How can I be the leader and lead my way forward instead of being led?"

At Horses and Pathfinders, Newman works with Poppe, Pepper and Inra. Back in the 1990s when he was a winning trotter at the track, Poppe, an American standard-bred gelding, was Horse of the Year in Saratoga for two years. Poppe is the horse who first led Newman to Equine Guided Education. Pepper, also a former racehorse, is now the small herd's lead mare. Inra, a paint gelding, has been involved in natural partnership learning and Equine Guided Education for most of his life.

Personal and group coaching is at the

heart of this human and equine endeavor. Newman works with individuals and groups on leadership and personal development. She also offers horsemanship programs, including partnering with Vermont Technical College.

"Horses can help us understand partnership, positive leadership, effective communication and teamwork in a whole new way," Newman explained. "Horses don't take any nonsense. What they care about is authenticity. They respond to what is happening in the moment."

The horses' immediacy and authenticity helps those who come to Horses and Pathfinders cut through some of their own personal barriers and preconceptions to get to the heart of issues or problems and to a heightened self-awareness. In life-coaching and personal leadership sessions, the horses act as the guides, and Newman as the facilitator. The horses can cultivate people's abilities to concentrate and clarify goals.

"I'm not a therapist or a psychologist. I believe that we are all capable of moving

ourselves forward," Newman said.

Newman's path to Equine Guided Education began about a decade ago. Not a horsewoman at the time, she began her journey when her Moretown landlord was interested in getting horses — he already owned the barn. Newman began looking into possibilities, including at a retired thoroughbred farm in Jeffersonville. Immediately, she was amazed at her feelings of being at home in the stable and her connections to the horses, especially with Poppe.

"Equine Guided Education came four years later. I was experiencing things with the horses that I didn't have language for, the horses would respond to my state of being — on many levels," Newman said. She sought out Ariana Strozzi, of SkyHorse Ranch in Valley Ford, Calif., a pioneer in Equine Guided Education. Newman studied with Strozzi, became a certified EGE instructor, and began assisting others with the approach at the Moretown stable.

How does a coaching session work?

"Everything is on the ground and every-



Pepper, Inra and Poppe run through the field at Horses and Pathfinders in Moretown.

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The founder of Horses and Pathfinders, Lucinda Newman is a certified Equine Guided Education instructor.

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thing is very safe," said Newman.

In a session, Newman and the individual begin with a discussion of the issue or inquiry at hand. Then, out in the pasture, the individual examines the subject. With centuries of human-equine relations, horses are very attuned to people's presence and emotions. The horses respond to body language, tone and energy. Their responses can guide the individual to find deeper truths and new levels of awareness.

"For example, if a person is in their intellect in their head a lot, (to) these guys it's almost as if that person is not there, they'll walk away and start eating grass. But if a person starts talking about something they are really passionate about they'll come in and really start to pay attention," said Newman.

As the coach, Newman watches, "what the horses are really zooming in on."

"The horses guide people to connect with themselves," said Newman. "The guidance is their ability to lead us to consider unexplored paths, to guide us to new horizons."

"Horses used to transport us in carriages and on horseback, around town and in agriculture. I really believe they are transporting us now in a different way. That's what we have here with Equine Guided Education. People can connect to themselves, connect to the horse, and connect to the environment."

Newman is enthusiastic about her work and the help it gives to participants.

"I love seeing people move forward in really sustainable ways, with really sustainable change. I'll see people weeks, months, even more than

a year after they have been here and they say to me, 'I think about that almost every single day.' It stays with people it is really sustainable. I love this," said Newman.



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