Round Table Discussion: Equicentric Futures From Learning to Change

ABRS+
THRIVING TOGETHER: HORSES, PEOPLE & BUSINESS
CONFERENCE 2026
WELFARE | WELLBEING | PURPOSE

Session Aim

Reflect on the two centres' Equicentric Futures case studies: what was it like for them, what they learned and what changed. Explore how our experience, habits and assumptions shape what we notice about horses, and identify a practical step to improve their wellbeing.





- Be curious and listen without judgement.
- Recognise different circumstances.
- Consider the horse's perspective.
- Share only what you feel comfortable discussing.
- Avoid identifying others.

Part 1 – Reflect and Share Your Experience in Pairs (5 minutes)

Reflect briefly, then share your thoughts with a partner. Give each person time to speak.

Take 5 mins each to explore the following prompts, then swap over:



- What stood out from the two centres' experiences?
- Was there anything you felt unsure about or initially disagreed with?
- What was behind that reaction?
- What did their experiences encourage you to reconsider about your own practice?



Part 2 – Round Table Discussion (10 minutes)

Come back together as a table and discuss the themes that emerged from your conversations.

What familiar assumption or practice did your discussion lead you to question?
What could you do differently to better meet the horses' needs?
What would help you and your team feel confident enough to try that change?

What are the three most important themes emerging from your discussions?

Scan the QR code to add to Slido

1. _____
2. _____
3. _____

What is the single most useful practical tip your table would share with other equestrian establishments?

Please add your repsonses to Slido

_____

Part 3 – Final Reflection & Personal Action Point (5 minutes)

Before leaving the session, take a few minutes to reflect on what you will take forward:

One assumption I am willing to question _____

One practice I will review or change _____

Someone I will involve in exploring this _____

What I will observe to judge whether it helps the horses _____

When I will review what I have learned _____

Remember

Experience is valuable. Stay curious, look at the horse's response and be prepared to reconsider a familiar practice.



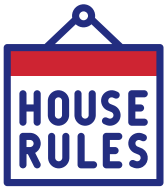
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Round Table Discussion: Difficult Conversations, Healthy Boundaries

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Session Aim
This is a safe and supportive space to share experiences, reflect on challenging client interactions, and leave with practical strategies for setting healthy boundaries, maintaining professionalism and protecting your own wellbeing.





- Respect confidentiality – what is shared here stays here.
- Please do not name clients, businesses or individuals.
- Listen without judgement.
- Allow everyone the opportunity to speak.
- Everyone's experience is valuable.

Part 1 – Share Your Experience in Pairs (10 minutes)
Take turns to share a difficult situation in your business that effected you (or a team member).
Listener: Your role is to listen, ask questions if appropriate, and understand the experience rather than immediately trying to solve it.

Take 5 mins each to explore the following prompts, then swap over:



- What happened?
- Why was it challenging?
- How did it affect you?
- How did you respond?
- Looking back, would you do anything differently?



Part 2 – Round Table Discussion (10 minutes)
Come back together as a table and discuss the themes that emerged from your conversations.

What are the three most important themese emerging from your discussions?

1. _____
2. _____
3. _____

Scan the QR code to add to Slido

What is the single most useful pratical tip your table would share with other equestrian establishments?
Please add your responses to Slido

_____

Part 3 – Final Reflection & Personal Action Point (5 minutes)
Before leaving the session, take a few minutes to reflect on what you will take forward:

One boundary I will put in place _____

How will I communicate this clearly _____

One thing I will do to protect my own wellbeing _____

Remember
You cannot always control how others behave, but you can control:
your boundaries, your communication and how you look after yourself.
Healthy businesses start with healthy business owners.





Your ideas will contribute to the ABRS+ Managing Challenging Clients Toolkit, which will be shared with all delegates attending today. This collective resource will bring together practical advice, communication strategies, boundary-setting ideas and wellbeing tips from equestrian professionals across the industry.

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Round Table Discussion: Building Teams that Learn

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Session Aim

Learning from experiences is one of the most powerful ways to build a team who have the confidence to come up with ideas, try things out and use their initiative. As a leader, you can harness the potential in your team by identifying where their strengths can match up with solving a problem.





- Healthy challenge is good in a discussion like this!
- Use this opportunity to invite people to sense check your way of thinking
- Be brave to invite different perspectives.

Part 1 – Reflect and Share Your Experience in Pairs (10 minutes)

Work through the following questions that will help identify where your team can have input and add value whilst building their confidence.

1 - Identify a pain point in your business

Think about something at your establishment that is a pain point. This could be a daily routine on the yard, communication, keeping things in order or an event.

2 - The strengths in your team

Think about a person in your team and why they might be the right person to help solve your pain point; what are their strengths?

3 - What do they need to know?

In this specific instance what information do they need to know or any constraints that might limit solutions? *Is there a strict budget they need to consider? What are the time constraints? Are there any Health and Safety, or compliance regulations they must abide by?*

4 - What are the three most important things I need to do to enable the team to contribute to solving my pain point?

Please add your responses to Slido

Scan the QR code to add to Slido

1.
2.
3.

Part 2 - Round table Discussion (10 mins)

As a table, discuss what would hold you back from doing this with your team, what would get in the way of encouraging your team like this and discuss ways to overcome this to allow your team to grow.

As a leader what is the single most important thing I should do to help our team to lean and grow. **Try and get agreement as a table before adding to Slido.**

Remember

Leadership is something we all contribute to, whatever our role. Whether you own the establishmement or work within the team, your experience and ideas matter. We all have something to offer.



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11:00–11:30 Breakout Session

Understanding Your Equestrian Centre Today

Reflect on where your business stands today and learn from others.

Step 1: Introductions (5 min): Capture who is on your table.

Name		Centre type	Centre size

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Step 2: Group Discussion (20 min)

Take it in turns to discuss:

✅ What's working at your centre

⚠️ What are your biggest challenges?

📈 How has your business changed recently?

.

After this discussion what will you stop, continue, start?

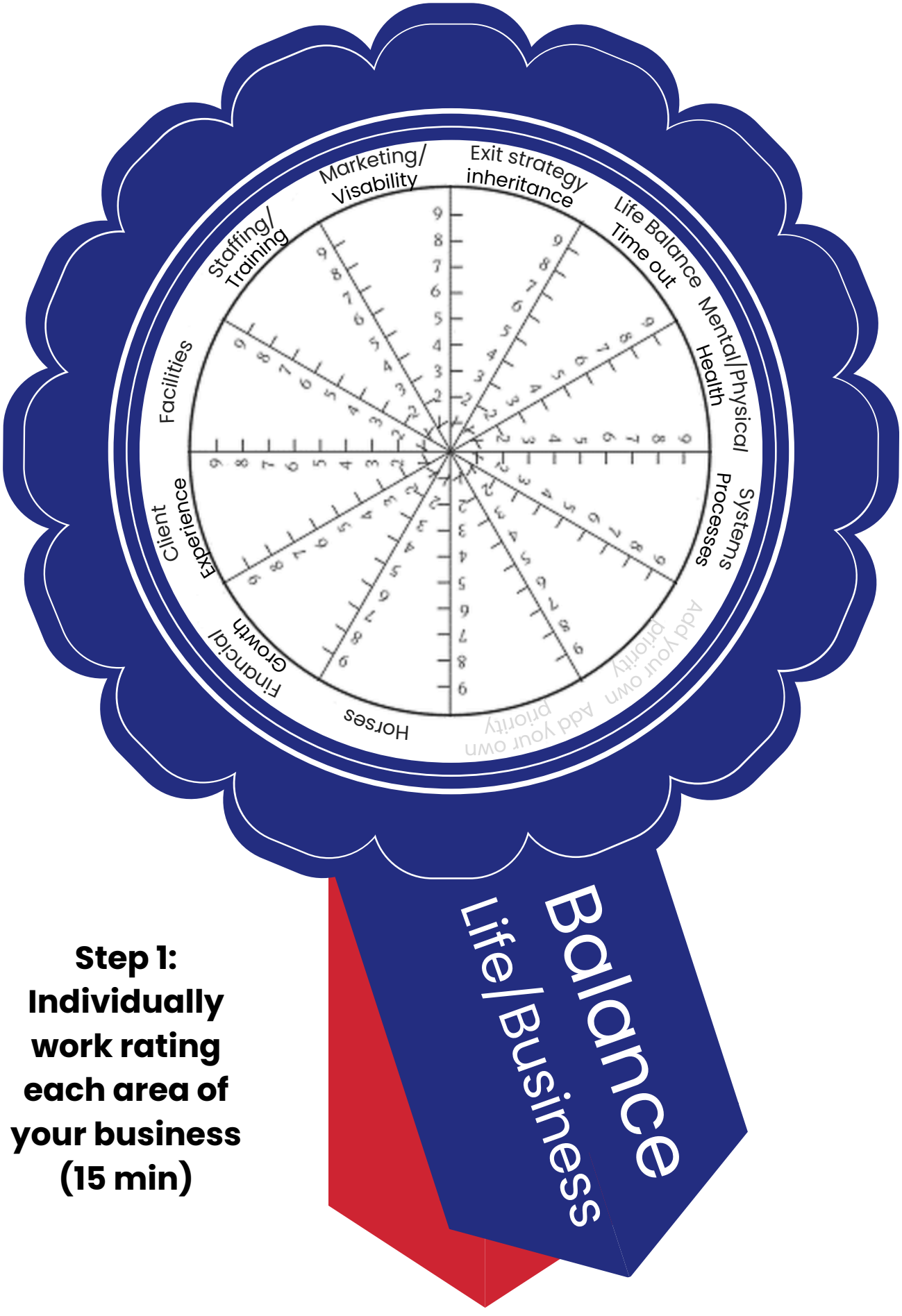
Start	Stop	Continue

🗣️ Step 3: Group Summary (5 min) :Spokesperson notes:

Common strengths of group:	
Common key challenges:	
Interesting insight from discussion:	

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1:15–2:00 Breakout Session
From Vision to Execution: Strategic Planning (1–5 Years)



Step 1: Individually work rating each area of your business (15 min)

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For the 3 lowest rated area fill in your ideas for next steps using our 3 word prompts (10 mins):

Horses (welfare, training, purchasing):

Financial Growth (profit, pricing, sustainability):

Client Experience (retention, progression, satisfaction):

Facilities (maintenance, safety, development):

Staff Training (skills, consistency, CPD):

Marketing & Visibility (reach, branding, clients):

Exit Strategy/Inheritance (planning, value, transition):

Life Balance/Time Out (rest, boundaries, recovery):

Mental / Physical Health (wellbeing, fitness, resilience):

Systems & Processes (time, admin, organisation):

🌟 Step 2: Define Your Vision (10 min)

1 Year:

3 Years:

5 Years:

🚧 Step 3: Barriers & Solutions (10 min)

Where did you rank the lowest?

What could you do to move forward on this (speak to the table):

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🕒 3:00–3:30 Breakout Session
Making It Happen: Your Personal Action Roadmap

✍️ Step 1: Top 3 Actions (Next 3 Months) 10 mins

What will I actually do?

Action	Timeline	Resources Needed	Support Needed

🤝 Step 2: Support (10 mins)

How can ABRS+ help you?:

Can you ask for help from the people you've met today?:

✅ When I get home I commit to (10 mins):

Top priority:

First step:

Deadline:



Now put it in your diary/phone as a reminder: _____

🌟 Final Reflection of Insight gained:

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Surviving to Thriving:

Developing a sustainable equestrian centre

ABRS+

TABLE PLAN

🌿 Table 1 – Happy Herd

Alison Tytheridge | Proprietor | Pevlings Farm Riding & Livery Stables
Mary Carr | Owner | Haldon Riding Stables
Sarah Brown | Managing Director | Horwood Coombe Inspire Ltd

🕊️ Table 2 – Free Spirits

Katie Beamson | Head Girl | Downclose Stables
Sue Lees | Owner | Chesil Equestrian
Annie Price | Proprietor | Ridgeview Riding
Sue Carpenter | Trustee | Epona Trust

🎯 Table 3 – Soundness Squad

Alfie Hext | Apprentice | Ridgeview Riding
Vikki Pantling | Yard Staff | Downclose Stables
Susie Morris | Admin | Haldon Riding Stables
Lauren Salkeld | Volunteer | Chesil Equestrian

🌾 Table 4 – Field Masters

James Dwyer | Operations Director | Gul Outdoor Therapy
Jon Coley | Yard Manager | Ladysmith Equestrian Centre
Matt Bryant | Business Manager | Flying Start Riding Centre

🌿 Table 5 – Forage Finders

Ella Coleman | Yard Manager | Downclose Stables
Lorraine Barnfield | Proprietor | Equestrian Camps South West
Margaret Douglas | Director / Head Coach | Erme Valley RDA
Carol Boulton | Proprietor | Russels Equestrian Centre

🏭 Table 6 - Industry Networking

Jane Williams | Chair | ABRS+
George Baber | Director of Member Services & Operations | ABRS+
Ben Mayes | Board Member and Welfare Officer | ABRS+
Catherine Chapman | Director | CBA Services
Ricard Howlet | Accountant | CBA Services
Jacqui Bolt | BSM | BHS

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WORKSHOP AGENDA

09:30-10:00: Tea and coffee upon arrival
10:00-10:15: Intro, Jane William - ABRS+ Chair - The day ahead (15 mins)

10:15-11:00: "State of the Nation" - The health of the Riding School, the national status quo. **Ben Mayes** - ABRS+ Board Member (45 mins)

11:00-11:30: Break out groups. Introduce yourself and discuss State of YOUR equestrian centre. 5 min "summary" from a spokesperson for each group. (30 mins)

11:30-11:45: coffee (15 mins)

11:45-12:30: Guest speaker. **James Dwyer** of Gul Outdoor Therapy Developing EAS as an additional revenue stream (45 mins)

12:30-1:15: LUNCH and informal networking (45 mins)

1:15-2:00: From Vision to Execution: 1–5 Year Strategic Business Planning. ABRS+ workshop and break out group activities. (45 mins)

2:00-2:15: TEA (15 mins)

2:15-3:00: Guest speaker. **Catherine Chapman** of CBA Services - Getting the Foundations Right: Legal Structure, VAT, Business Rates & Payroll Essentials.

3:00-3:30: Workshop - Making It Happen: Your Personal Action Roadmap. What help can ABRS+ give you?

3:30-3:45: Q & A.
3:45 Close

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