



Welcome to Touch of Equine

Owned/Operated By: Tracy Wood

Locations:

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You jump off the last step of the tractor and turn to close the door behind you. Defeated, you turn and walk to the house. The crops have dried up due to lack of moisture, cows need to be hauled home from pasture, the line of credit is dwindling and the vet left only an hour ago from having to put your trusted ranch gelding down. These are the days that you question why you do what you do, wonder why you even bother to try and sometimes contemplate what it would be like if it was all to end.

You straighten your shoulders, take a deep breath and walk through the door of the house to your family, burying deep the feelings of dread, worry and sadness.

Trust me, I am all too familiar with these scenarios and I am here to tell you that you are not alone, you are worth it and the time is now to care for yourself.

Begin to cultivate your new beginning by allowing the herd and I to support your journey to healing. Find the roots to your worries, anxiety & fears and leave them in the dirt. Gain clarity on what's important in your life and develop realistic goals & tools that will feed your vision to a bright future.

Your land, livestock and infrastructure is an asset to your operation and so are You!





Welcome to Touch of Equine!

I'm Tracy and I am here to walk beside you as you begin your journey here at the farm.

Working with the horses and I is a very personal and individual experience. We see each client as fully capable and whole with the ability to come to your own conclusions and realizations.

Our sessions come from a strength based, client led format and are non-diagnostic. Solutions come from you, the client and the horses and I act as your guide. We support, provide safety and ask the tough questions when needed. We look at all parts of self. Our strengths and our weaknesses and we turn our focus to the pieces that help us navigate life with more ease. This improves resourcefulness, resiliency and sets up a positive mindset. Knowing that we can choose who drives the bus in a particular scenario lays the foundation to building our self-awareness and self-confidence and with these newly discovered strengths you can forge on in your journey of healing & growth.





Foundations of Cultivate r

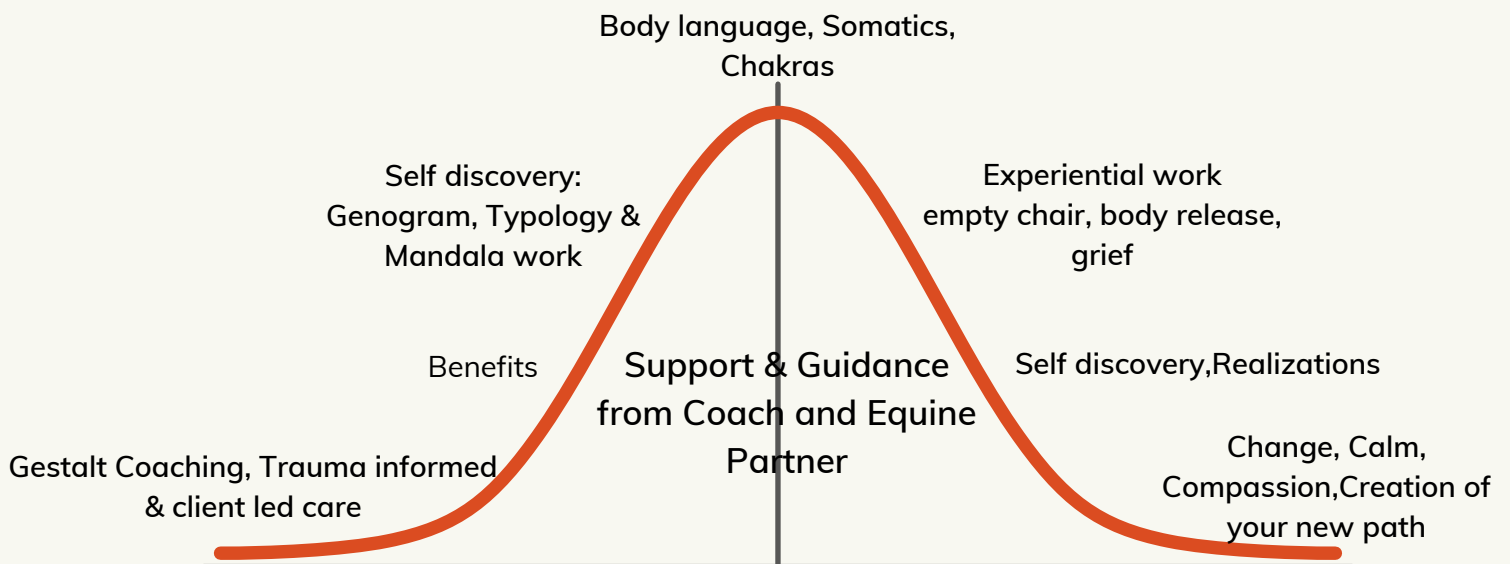
With curiosity and courage we will begin your journey of self discovery.

- a. Where you came from
- b. Who You are today
- c. Who do you want to be

We will spend time in nature allowing you to slow down and begin the process of unpacking what is leaving you feeling stuck, misunderstood or stressed. As your awareness opens, barriers will begin to fall and your process of self discovery and healing will grow. The Herd and I will stand with you every step of the way as you dig deep to discover your passion and reignite the fire for a joy & purpose filled life.



The Work



This program is for you if:

- stress is becoming overwhelming and affecting your life negatively
- you find yourself reacting to situations and don't understand why
- you feel stuck in life, sometimes angry, sad or hopeless
- you want to learn to set boundaries & advocate for yourself
- you want to rediscover your passion and purpose in life





Cultivate

6 week Private Coaching Program

Commitment to Self

3 ~ 45 minute Farmstead gestalt sessions

3 ~ 90 minute Equine gestalt sessions

BONUS ~ 30min wrap up Zoom call

What we'll work on

Typology, Genogram and Mandala work

Release grief, sadness or worry

Say goodbye to old wounds

Learn to set boundaries and advocate for You

I offer you

A safe space where you will be accepted, fully supported and heard without judgement.

Leave with new found clarity, a sense of freedom and a connection to your truest most joyful self.



A little about Me!

I am a born and raised farm girl with roots in agriculture that run generations deep. I have experienced the day to day life on the farm since my birth. The excitement of newborn life, harvesting bumper crops, family field meals and all the beauty that living on the prairies offers. With the joys I have also experienced the sorrows...the loss of livestock, devastating droughts, crippling snow storms and financial losses that seem so huge that you fear this could be the last go round.

My love for Agriculture and for it's people are my Why. The farmers, the wives, employees and kids. They are all integral parts of the wheel.

It's my goal to serve this community when they find themselves feeling lost, mired down and lacking passion. To know that it's ok to ask for help and for someone to care for them, to listen.

My vision is for these stewards to return home to the land, the livestock and the families that love them stronger, braver and healthier than ever before.

I invite you to the farm to join the Herd & I to begin cultivating your new beginning.

Tracy

Touch
of
Equine





What's Next?
Let's book a Discovery Call
so I can answer any
questions you may have
about Cultivate and the
coaching process.

[Book A Call With Tracy](#)

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