

Problem Horse? Think Again... Discover How training WITH Your Horse's Natural Herd Role Is The Key To Ending Frustrating Behaviors Forever



Boss
Lieutent
now
Follower

Sentinel
now
Follower

All
5
Herd
Roles

Follower
Still
Follower

Lieutenant
now
Follower



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Understanding their herd role can transform your partnership in ways you never thought possible.

Inside this guide, I'm sharing the breakthrough insight that transformed over thousand of my client's horses
All levels of horses-- from the problem project horses to the amateur dressage horse to 4-H and trail mounts.
That is a bold statement but a true one.

In this PDF You'll discover one of the major components to my client's horses transformation
The herd roles that could determine the causes of your horse's behavior.

YOU WILL learn exactly how to identify which role your horse naturally fills. It might surprise you!

I'll reveal the specific signs that tell you whether your horse is a Sentinel, Boss, Lieutenant, Leader, or Caretaker, or Follower - and more importantly, how **YOU CAN Start to Utilize these roles affectively** in everything from groundwork to riding.

You'll get my proven first steps to discover the possible cause of your horse's behavior.

Join Marie Hoffman's coached equestrians that transformed their horses.

Sheryl Strack

I love this ❤️ I'm currently taking Marie's mentorship class and find it fascinating the knowledge that this woman has. I highly recommend this class to any level of riding. Her topics of instruction are from years and years of her personal experience training horses. Make use of Marie's vast knowledge and appropriate techniques to deal with horse behaviors and make you a more confident rider/trainer yourself.

7h Like Reply Message Hide 1

"I was a new to horses person when I met Marie, and now I am on to owning my third horse! **Marie's methods of bonding and building a strong relationship with my horse are absolutely my foundation.**" Krissy

7:02

Donna Manzer

Taking Marie's mentorship class has changed my relationship with all my horses for the better. Her simple exercises and insights have really helped me with my horse Jade, she has improved so much from being resistance to being cooperative and trying to communicate. I did not think any online class would work well but this one has been worth it and I am continuing with Marie in the next phase.

Marie's focus on rider balance has not only improved my seat, it **has totally improved my confidence** in the saddle. My horses (WB & senior QH) greatly appreciate this. They're able to find their own balance easily and come into collection with ease. What is most impressive is my lessons are virtual. Marie is able to see subtle details even over a video call. I am so grateful for Marie's guidance!

Anna

To: Pam Cell

Wed, May 14 at 4:51 PM

"My horse went from a spooky 6-year old to a horse I could depend on and take just about anywhere. My riding also transformed in that time and I still get compliments on my equitation often. I now have my horses on my own property, and I still operate using things I learned during my time training with Marie."

Catherine S

"With her amazing skills of reading horse behavior and personality from looking at their faces and body language, Marie has **helped me pick out or train about a dozen horses over the 20 years** I've worked with her."

DM



"Joe was 10 when I bought him, **He was not safe to ride and he became grandchild horse.** Marie's horse training experience and incredible vast knowledge of horses gave me the training, tools, and confidence to have a wonderful life with horses."

Cathy L

I currently am taking Mentorship class Marie's skill at behavior and knowledge of the horse's mind helped me change my horse **from aggressively attacking me to becoming my my best friend.** She mentored me with a step by step plan, keeping me safe while helping my horse overcome his history. She gave me tools and the confidence to be successful.

Kenna S

I just finished Marie Hoffman's Online Mentorship with Marie. Loved the program. She went over many items related to horsemanship; such as how to read a horse's facial features, herd roles, body language, and movement to name a few. I find myself looking at other horse more closely, trying to see if I can determine what they may be thinking.

She also covered things for people; like lumbering and balance exercises. I'm 70 years old and now am finding myself walking and riding more comfortably.

Tho I really don't have a "problem" horse. Marie gave me things to do to make a closer bond with my horse, so possibly preventing future problems. I've been riding recreationally for 50 years. I learned so many new things during this class. I can't recommend this class enough. Pam B.

Is this you with your horse?

- You can't get your horse to stop spooking
- Your horse is often pawing, resistant, stiff, too fast, pinning ears, even bucking or kicking out,
- You are stuck not making progress, your horse won't engage and be as supple as you want.
- Maybe our horse is generally good BUT you know there is a deeper level of communication and willing responsiveness you want but you are unsure how to develop it .

Do you find yourself keeping your focus on the current unwanted behaviors instead of having fun with your horse?

Maybe you have tried, some things maybe a new bit and training tack which may create a temporary fix but it did not work all the time or stop the problem behavior. In the worst case, did your horse start to behave worse?

Read on: I am going to show you what could be the root cause of your horses unwanted behavior.

Meet Marie Hoffman



A little about me in case we are not friends yet, I train and retrain the horse utilizing science and horse psychology, I don't treat symptoms, Cure the thought you will not need to cure the unwanted behavior. It all starts with a thought!

I find the cause, then coach owners to understand the why. Providing the plan for them to create the lasting change they want.

If you are open to learning new concepts while doing easy proven exercises, fixing the cause of your horse's problems for good.

You are the right person to benefit from this PDF

I encourage you to open your mind to see and communicate with the horse from the horse's perspective.

My discovery of training using the herd roles dynamic developed from the multitude of "problem" horses that were sent my way.

When I could not find a way with normal training techniques to help them overcome their issues. After many sleepless nights, countless hours of observations, I discovered this silent language and what it means to the horse. I have been using herd role communication for 30+ yrs, the horses respond once I found the communication to assure them they are safe in their herd language.

That is when the problem horses started to respond turning into reliable mounts and the good horses became great. Resulting in my reputation being the one who could fix the hopeless cases and transform the good ones to be even better.

The 6 Roles of the Herd

Some horses naturally good at their herd roles, creating a peaceful and calm environment. However, others in herd role positions may be insecure or act as bullies causing distress in the herd's dynamic.

The horses described in their roles described in this PDF are the ones that create peace and harmony in the herd dynamic.

Disclaimer:

This PDF is only a small snippet of how to train using the herd dynamic. It is impossible to cover all personalities & techniques in this PDF. Please note: I did not include the aggressive or extremely fearful horse types in my descriptions.

The Boss:

Can a strong personality that is not submissive to the other horses. There are bossy bosses and ones that rule with order and calm.

His/her job is to protect the herd and drive them away from danger. Mares can take on more of a protective Boss herd role.

The Boss can be resistant or slow to move their feet when asked.

Need to note it is important to watch the body language of the horse to be sure they are not in fearful freeze and that is why they can't move their feet. Even a boss horse can be fearful.

If trained correctly the boss horse has confidence

If not trained correctly can take over the situation and ignoring the human's requests

The Boss Cont...

Training Tip: Best to train them by not confronting them head on but by asking for small steps, sometimes very small. These small steps shift the the neuron connections in their brains. The horse will look to you to be boss without confrontation. You will become above the boss in his/her mind without him rejecting the shift of you becoming his/her Boss. Asking for one foot to step back each time you meet is a good first step it is all about whose feet move more, the boss moves their feet less..

The Lieutenant:

Almost always second in the pecking order under the boss, often eating with the boss, if boss not too aggressive. All roles can have different personalities which flavor how they do their job.

His/her job is to keep order in the herd, keep the herd in a tight group as if they were in the wild. This can cause the lieutenant to appear as a trouble maker, especially if he/she takes the job too serious. He/she will haze the others in the herd if he/she thinks they should be somewhere else within their turnout space.

In their desire to fulfill their duties, they can be full of creative suggestions of how the riding session should be conducted, they may stop & stare in distance, offer to do different gait or speed up, slow down, or spook or play buck.

Lieutenants like order and thrive with a step by progressive step style of training, with consistency and predictability.

Training tip:

Do not let the lieutenant distract you from your plan by offering their creative suggestions. Stay focused and make each step is easy to perform and clear so the horse does not feel the need to take control of the herd (you) to restore order in the session.

The Leader:

This horse is easy to identify. This horse leads the group to new areas even if it is their normal pasture.

The horse has confidence and wants to go first often leading on the trail ride. The really good ones appear to have a good amount of common sense.

When working with a leader, they can be very persistent in their insistence on their idea for the session. They can have ways to “lead” your session in a different direction. Either physically by drifting or not turning or by changing the subject to enable them to be the leader of the session.

Training tip:

Start by teaching your horse to lower his head while leading, start on one side and once learned, do on both sides. Lead so his eye is below your shoulders walking and trotting. This position he has to trust you to be his Leader to guide him where he is going. This will start to shift his brain neuron connections that he/she is safe with you, because they can't see very far ahead with their head low. You are building trust by leading them safely.

The Sentinel:

This horse is also not hard to identify in the herd or in the stable. He is the horse that is always alert and notices any changes in the environment. Then brings it to the attention of any horse or human near.

The overly alert sentinel can be more of a challenge to train as they operate in their amygdala, the part of the brain that signals (flight/fight) most of the time. In this part of their brain the signal goes directly from the amygdala to the motor cortex that governs their movement. So in a split second if they see something they move or bolt away from danger, even if that danger was a grocery sack blowing across the pasture.

The Sentinel cont.

Training tip:

The goal in training is to teach them how to find and feel safe in their parasympathetic (rest digest learn) nervous system, which downregulates the amygdala (flight/fight). When that switch happens they can look at that plastic bag realizing it is harmless. I help them find parasympathetic nervous system by teaching them to walk up to an object and put their nose on it and receive a reward. I use the verbal command "walk up", repeating the command till they touch the object with their nose.

Once learned, when afraid of something, I give the verbal signal "walk up", repeating till touch object, they will switch from fearing the object to thinking object is treat dispenser. The key word is thinking. The horse is now thinking not reacting.

It is a clear switch in their body language and tension in their mind and bodies, from tight to more relaxed.

The Caretaker:

This horse has a certain personality, one of looking out for others in the herd and some will look out for humans too. There can be none or several in a herd. Unlike the other roles this one depends totally on their personality. Unlike the 4 governing roles where one of the horses will fill the vacancy when one occurs.

You will notice the caretaker in the herd with a young or older horse, defending them while they eat or drink water. The caretaker is usually higher up in the pecking order. But even if lower they can be like a broodmare protecting their foal and become brave to protect their charge.

They make great school horses and can be wonderful for children and beginners.

Training Tip: Brush them in a way they like, it is a start of bonding with them and making that connection. Do body work like TTouch or Balance First or other type of body work, something they enjoy.

Followers:

All other horses in the herd that do not take on a governing roles some horses are just followers if there is no other horse to take on the governing roles they may assume but usually do it without enthusiasm. They can be horse dependent for their confidence and have to be taught to be independent.

Training Tip:

Using a confidence horse as a buddy at first is very useful for all horses but especially a follower. They will mimic the confidence of the brave horse.

Understanding these roles transforms your training approach: you'll predict behavior before it happens, prevent unnecessary conflicts, and create lasting partnerships by working with your horse's nature, not against it. The result? Less stress, faster progress, and a willing partner who trusts you to support their natural instincts rather than suppress them.

Want to learn more ?

GO to www.totalhorsemethod.com/contact

To sign up for wait list opportunities

Personal Fall Mentorship with Marie

- **Live Small class online classes**
- **Direct feedback on your progress**
- **Transform your entire horse partnership**

AND

Single subject courses

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