



“Discover your own capacity”

Why coaching with horses?

Horses are masters at reading body language and energy. They respond directly and honestly to what you project — without judgment, without an agenda. Such pure feedback is incredibly valuable.

During a session, you don't have to talk if you don't want to. The horses sense what's going on, often even before you realize it yourself. That's what makes it so powerful *and* confronting.



“The session with the horse was particularly insightful and felt safe and respectful. The horse mirrored my behaviour in a new and powerful way, bringing me to the essence really fast. I went home with clear insights and renewed energy.

Annejet, individual trajectory

Welcome at Tulia Coaching with Horses!

My name is Josien de Klerk, Medical Anthropologist and Coach. My practice is called Tulia Coaching. In Swahili, Tulia refers to calm, quiet, slowing down and relaxation; the values that horses bring us and that I want to bring to the fast-paced world in which we live. My approach is practical and accessible. Concrete insights which you can apply to everyday life immediately. I work with a herd of Gelderland mares ranging in age from 2 to 25. I invite you to experience *coaching with horses* at my location in the Hilversum area, the Netherlands

Hilversum Area
The Netherlands

TULIA COACHING WITH HORSES



*Slowing down,
reconnection,
Awareness*

Contact me at

+31(0)633220802

or on the web at www.tuliacoaching.nl





I follow the professional code of Quality Register for Equine Assisted Coaches (KREAC) and am affiliated to the Dutch order of professional coaches (NOBCO)

What I offer

Individual sessions

Individual sessions or trajectories in which we together with the horse explore your questions. Sessions last around 1 hour
Investment individual private rates 105 Euro per session including intake and preparation.

Workshops

Slowing down with horses – for PhD students, students, research groups, academics and managers working in academia
Investment 150 Euro pp, for 3 hours, including coffee and tea, max 6 persons

Connecting with your Child – workshop on co-regulation for every parent who raises those beautiful independent and intensely living children
Investment 150 Euro pp, for 3 hours, including coffee and tea, max 6 persons

Teamcoaching

Strengthen cooperation and connection in your team through the honest mirror of the horse. Tailor-made, *costs depending on length and request*

What the horses offer...

Together with the horses the coach created a space in which everything could simply be. Hidden patterns surfaced and I could reflect on those, guided by the coach.'

Individual coaching >>>

Sometimes you get stuck — in your work, your relationships, your family, or simply with yourself. You may be struggling with the expectations of others. Perhaps you are experiencing exhaustion. Or maybe you want to explore how to respond differently to situations in your family, or at work. A session with the horses can offer insight. Tulia Coaching works with a body-oriented approach and helps you feel where your boundaries lie. Together with the horses, we experiment with listening to yourself and to your body. A coaching session with horses will always give you insights into your unconscious behavior, which you can take with you into your daily life. Coaching is often reimbursable through employers. For this the individual business rate applies. Would you like a series of sessions? Contact me for options..

Coaching can work for you if:

- You experience stress or fatigue
- You want insight into your patterns in relationship
- You struggle with setting boundaries or with perfectionism
- You're seeking more balance between work and private life
- You're facing an important decision

Teamcoaching >>>

Horses are herd animals. They understand everything about cooperation, leadership, and communication. We use that wisdom to support your team. In a meeting room, you can hide behind words. With horses, you can't. They respond to energy, not job titles. The manager who always speaks up might be completely ignored by the horse. Meanwhile, the quiet strength within the group suddenly becomes visible.

That creates material for meaningful conversations — and insights that truly stick, precisely because you *experience* them instead of merely hearing about them.

For whom?

- Teams that want to improve their collaboration
- Departments struggling with communication issues
- Management teams exploring their leadership style
- Role distribution during mergers
- Groups looking for a unique team-building day

Possible themes

- Communication and collaboration
- Leadership and followership
- Trust and psychological safety within the team
- Dealing with change
- Giving and receiving feedback
- Teamwork and problem-solving

-New ways of working together
Inclusivity and diversity within teams

Workshops >>>

Dive into your own patterns and follow a workshop at Tulia Coaching. Choose for the workshop "Connect you're your Child" or 'Slowing Down in Academia'

When I was touching the horse I felt myself grounding

Connect with your Child
Children who perceive the world intensely often need you, as their parent, to help them learn how to process all the stimuli and experiences they take in. In this workshop, we work—right in the middle of the herd—with our own bodily awareness.

Slowing down in Academia - What would happen if, in the fast-paced world of academia we were to slow down? How does this influence our interactions, how do we perceive, and how do we collaborate when we move from a place of slowing down?



Experience being part of the herd yourself>>>



This template is provided free by LayoutReady, a StockLayouts company.
Find more design templates like this at LayoutReady.com >