



Meet a Practitioner Member



Lisa Ashton

Images courtesy of Lisa Ashton

What do you do? With over a decade of experience, I consult on evidence-based knowledge for equestrian federations, equine charities, colleges, studs, veterinarians, professional riders and owners. I dedicate my time to helping more horses by helping owners understand how, what and why horses learn. I translate the latest in Equitation Science practically. In 2011 I founded EquiSci to help more horses via clinics, workshops, and lectures throughout the United Kingdom and Italy. I am passionate about training people to train horses using simple explanations, demonstrations, feedback and the practice of an Equitation Science 'toolkit' to provide safe, effective and ethical horse training.

I am also an expert witness, equine degree and Master's' external examiner, Master's' equitation science dissertation supervisor for Edinburgh University, Eco-Coach trained and the UK home of Equitation Science International (ESI).

Where are you from and where do you live? I am English and I live in Stone, Staffordshire, England.

When did you start riding? I was 8-years-old when I started riding and joined the local Pony Club with my sister.

What are you working on right now? My purpose is to help more horses, by helping people. Recently I managed to help more horses by presenting at the two-day British Horse Society's Welfare Conference 2017. I am exploring different ways for people to be the change their horse needs. Understanding confirmation bias, what that looks like in me, in you and your horsey friends. My manifesto is... I listen to the latest research. I apply evidenced-based knowledge. I make horse-centered decisions. I embrace learning. I give my horse clarity. I help my horse feel good. I value compassionate people. I see things differently. I am the change my horse needs.

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What do you have planned for the year ahead? I have just launched a Facebook group for people who share my vision for the future of horse welfare, many ISES members are in the group Coffee with Horse Lovers. It is for all who want to be the solution for our horses. It is not like any other social media group. We are passionate about giving, asking and doing – to be the change for our horses. If this is a group for you, head to Coffee with Horse lovers and ask to join.

Where would you like to be in 5 years time? Being the change. Progress beats perfection. I am dedicated to helping more horses with free webinars, Horse Lovers Master class, Mindset Training Camps, Horse Lovers Conference and freely sharing 'I know what I don't know, and do what I know, until I know better'

Outside horses what would you consider your most memorable moment, or your greatest achievement? Being the change in my health. Taking up running and completing my first ever half marathon in 1:44: 32

Which horse that you have owned or ridden would you consider to be the best? That would be Court of Appeal (a.k.a. Bobby) for being the horse that changed me. He placed me on the journey I love today. Bobby Beard was the biggest character I and many of my students had the pleasure of loving.

How and when did you learn about ISES and Equitation Science? On December 25th 2003, my sister bought me The Truth About Horses by Dr Andrew McLean. On that defining day of my equestrian career I read the whole book, cover to cover just bringing my head up for dinner. I immediately emailed Andrew and invited him to present to my students at Rodbaston College in 2004 after the ISAE meeting in Edinburgh that year. I will never forget not sleeping one wink that first night after Andrew's lecture demonstration and a lesson with Manuela McLean on Bobby. I lay awake buzzing. I knew this was my future. I knew this knowledge and how it helped horses feel good was me. At that moment, I lay awake bursting with excitement that I had found horse training that was 'fit for me'. The word thank you is not enough when it comes to Andrew McLean; I and my horses will always be grateful for all he has done for people, horses and elephants.

Has your involvement with Equitation Science influenced your riding and training? Wow! It has totally transformed my riding and training. I now help others enjoy the clarity Equitation Science brings to people and horses. It has enriched me because I now play a tiny part in enriching my clients and their horses by being the trainer their horse would choose, all that is thanks to Equitation Science.



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Name two things that you would like to change in the horse world... I would like to see the correct application of negative reinforcement. Compassion for people. Positive reinforcement is not just for horses!

What would you do if you weren't working with horses? Mindset Coaching. Mindset is not an add-on for the 1%. It is the foundation of all successful athletes, entrepreneurs and relationships.

Who do you admire in the horse world? Dr Andrew McLean, for having the courage, persistence and compassion to be the change for our horses.

Who do you admire outside the horse world? Lizzy Yarnold for delivering double Olympic Gold Medals, mainly because of the pressure she worked under. We also happen to be related!

What's the best advice you've been given? Tick follows Tock.

Who has been your best support? My mum.

Who is your role model? Me in 10 years

What's the most embarrassing thing that's ever happened to you? Back in the days of local council paying for degree fees and having successfully been accepted to the first equine degree in the UK in 1994, I received 'Notification of Award at Mandatory rate for a First Degree in Bronco Busting!'

What has been your biggest challenge? Helping people to help more horses is my ongoing challenge!

What's one thing we should know about you? I don't think there is anything you should know about me, what you see is who I am... except for one small secret... I have 'Be the Change' tattooed next to my heart!

What advice would you or do you give to young riders wanting to follow in your footsteps? Know what you don't know. Embrace knowledge. Think critically. Be yourself, everyone else is already taken.

Where can we find out more about your work? On the websites: www.equitationsscience.co.uk and www.equicoach.life.

