



"I feel like now is a very good time to be Canadian if you want to ride on a team, and you want opportunity that maybe didn't exist before.

There are some pretty cool vibes going into, especially the [world championship] this year."

- **Erynn Ballard**

[says show jumper about riding for Canada]

The Greatest.

The Many Emotional Stages of Rehabbing A Horse

It's the worst string of words for any equestrian to hear: "stall rest, followed by months of rehab."

Your show season comes to an abrupt end. The future of your riding career with your equine partner may be in jeopardy. Weeks feel like months and months feel like years. Rehabbing injuries, from soft tissue to surgery recovery, can feel like the worst kind of purgatory.

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Ride Big and Grow Confidence with John Haime

Bring world-class performance coach and acclaimed Author of Ride Big to your barn for a dynamic "Barn Session". [Learn more here.](#)

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The Anti-GirlBoss.

Is going full remote a good idea in this post-pandemic world? My company has operated OK the last couple of years and we're re-evaluating our office needs for the future.

There is no right or wrong answer here. It depends on your work environment - some companies can go fully remote and maintain a good balance and productive workflow. If you're a large employer, there is something missing when you take away that in-person environment. I think people form stronger relationships (even at work) when they see each other in real life. There's still an important human aspect in business.

Some people just don't feel energized on Zoom! But if the pandemic has taught us anything, it's that for many of us, working remotely is totally possible.

Do:

Consider what's important to you and your company culture. It's hard to miss out on that human perspective.

Don't:

The hybrid model can be messy. Don't make a decision without talking to your staff.

- **Patricia Da Silva**, CEO of Heels Down Media & President of Ecogold

LASTLY.

We need pop-ups for riding like Microsoft's old **Clippy** guy: "Hi, it looks like you're trying to find a stride. Do you need assistance?"



#LastlyLOL

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