



**Teresa Kackert**  
AQHA Professional Horseman  
**'Soft Touch' Training Method®**  
**"Your horse will know the difference."**  
**'Soft Start to Soft Finish'**



## 'Soft Touch'® Training

What is the 'Soft Touch' Training Method?

'Soft Touch' training is my own creation. It combines my more than 20 years of professional training, riding, breeding, starting, rehabilitating, showing and selling over 1000 horses of all breeds into a very unique and more importantly gentle, equine (and human) training philosophy and program. The ultimate result is the consolidation of century old classical equitation skills with more modern day, gentle, natural horsemanship techniques.

Over these many years, I have learned that a woman's touch can be both magical and practical, especially with regard to horses. Horses are incredibly receptive and perceptive beings. Both our and their emotions often combine to produce incredible results; sometimes desirable, sometimes undesirable. With this as one of my fundamental beliefs, I simply merged my resume of professional training experience with my professional CERTIFICATIONS to construct what I believe is the ideal training program: a qualified, Certified, woman's 'Soft Touch' training method.

I developed the 'Soft Touch' training method as a means for addressing every conceivable equine and operator issue; any age, any breed, any experience level. The 'Soft Touch' method serves as a semi-methodical procedure for enhancing and elevating either the horse or rider's level of performance, participation or enjoyment; mentally, physically and emotionally. By applying the thousands of hours and miles I've accumulated over the years with the hundreds if not thousands of horses in my training and sales barn, I have been able to consistently achieve desired results; gently and efficiently.

In my experience, a gentle, soft hand is always more welcome than a hard or rough one. Like some of my clients, I am small framed and lightweight. Yet I regularly have to address, correct or modify some pretty rowdy horse behavior and still keep the horses's mind in a 'quiet, gentle, receptive place'! By now I think we all know that this cannot be done effectively with brute force or violence...the horses don't like it and we don't like it. 'Soft Touch' Training Method offers another more positive, more rewarding, gentler and more enjoyable training option.

Throughout the 'Soft Touch' process, communication is the key. I can achieve effective communication by incorporating age old and proven natural horsemanship techniques with instinctual horse behavior. After years of studying horse behavior and horse communication, I can effectively communicate with a horse by using the same body language he or she both uses and understands. The other critical element is confidence. Any horse or operator with insufficient confidence is destined to underachieve. Throughout my program, I am able to evaluate and enhance the confidence level of horse and rider. The tools I use are: my CERTIFIED pro-training skills, 20+ years of experience, personalized & motivational coaching skills, multi-acre obstacle course (natural & manmade), onsite water crossings, individualized 'mental' and 'behavioral' challenges for horse & rider, all to encourage a growth in confidence, at their pace.

Finally and perhaps most importantly is the 'training environment'. Throughout the 'Soft Touch' Training process we strive to provide a very positive, encouraging and rewarding atmosphere. I always focus on keeping a positive mental attitude in all participants: trainer (me), rider/handler and of course the horse. 'Soft Touch' training sessions are always uplifting and full of compliments and praise. A successful program like 'Soft Touch' will prioritize every success or accomplishment no matter how small. This is critical to learning and progressing in a challenging environment. 'Soft Touch' Training, your horse will know the difference.



**Teresa Kackert**  
AQHA Professional Horseman  
Internationally CERTIFIED Trainer  
Nationally CERTIFIED Instructor  
Motivational Personal Coach  
Professional Rider  
20 yrs Experience  
Clinician



[www.GreatHorses.org](http://www.GreatHorses.org) 619-572-3087 [GreatHorses@msn.com](mailto:GreatHorses@msn.com)  
Menifee Meadows Equestrian Center  
34221 Briggs Road, Menifee CA 92584