



EQUESTRIAN  
QUEENSLAND



QUEENSLAND RACING  
INTEGRITY COMMISSION  
Engagement | Education | Enforcement

# EQ Fundamentals Series

Understanding OTT Behaviour with **Dr Kate Fenner**

## Build Your Bubble

- Keep the conversation going to keep your bubble
- Strengthen your bubble with communication so you can take it anywhere
- Raise your horse's emotional level (e.g. 1-2%) to get their attention back
- Offer your horse an opportunity to relax after raising their emotional level
- Re-sensitise your horse to pressure - make pressure mean something
- Let your horse make mistakes
- Be a good engaging teacher so your horse wants to learn and stay in the bubble
- Teach your horse behaviours you want to see again

