

Gold Leadership Awards



Goal Setter EXPLORER CHALLENGE

Use your SMART goal setting knowledge to develop a new skill over the next six months. Make a detailed plan of how you are going to achieve your goal including your plan for potential obstacles and your rewards for reaching your goal. Arrange regular meetings (this could be every fortnight or once a month) with your coach to check in and discuss how you are progressing. The skill you choose should be different from the skills you chose to develop at Bronze and Silver level.

Participants have six months to develop their new skill. There is no set number of times it should be practiced, it could be daily, weekly or monthly but participants must be able to demonstrate how they have progressed. This could be through observation, videos, references, pictures or demonstration. There is a section in their book to be completed to help them plan and track their progress.

The participant should lead the whole experience and although ideally it would be something they can develop at the centre; they can choose to do something away from the centre.

Examples of skills include:

- Assisting with Event management
- Office skills
- Jumping – show jumping/cross country
- Dressage
- Ground schooling
- Competition riding
- Achieve a series of Explorer or Challenge Awards
- BHS Stage 1 Care and/or Ride
- BHS Stage 2 Riding Out
- Improve their riding skills (use videos/pictures to show before and after)
- Take an online equine course
- Learn to course build
- Grooming for a rider at competitions

Checklist for achievement

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| <ul style="list-style-type: none"> • SMART goal identified and set | <p><i>Goal should be Specific, Measurable, Achievable, Realistic, Timed</i></p> <p><i>Discussion with coach to identify suitable goal. Recorded in book</i></p> |
| <ul style="list-style-type: none"> • Plan to achieve goal created | <p><i>Use template in book. Goal broken down into smaller achievable and measurable steps within timeframe. Potential obstacles identified and planned for. Rewards highlighted for achieving each step.</i></p> |
| <ul style="list-style-type: none"> • Plan followed | <p><i>Plan followed and adapted where required. Progress shown</i></p> |
| <ul style="list-style-type: none"> • Reflect on progress and feedback to coach | <p><i>Use questions in the book to support. Progress can be recorded, demonstrated or by discussion with coach. Adaptions to plan made as required.</i></p> |

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- New skill developed/Goal achieved

Demonstration of skills, video evidence, written evidence

Things to consider

- Goals chosen should be suitable for the participant in terms of skill and achievement
- Ideally goal should be something the participant can achieve at the centre
- Participant must be able to demonstrate progress in chosen skill in the timeframe
- The timeframe for this is flexible to allow for potential issues such as number of suitable competitions available. It can be extended if required.
- What support will each participant need?
- Can Explorer sessions be allocated to practicing?
- What industry (or other) links do you have that could help support the participant?
- Risk assessment in place



**HORSE
EXPLORERS**

Part of the Challenge Awards