



**One Horsewoman to Another: Embracing your life
as an Equine Professional and finding confidence
in who you are and how you run your horse
business**

Sheri Grunski

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Ladies, this book was written for you. It is about women, business and horses and how we deal with all of it. This book will encourage and inspire and most of all remind you that you are not alone. I felt so passionate about writing this book because after talking with so many women throughout the country I quickly realized that we all have experienced the same struggles along the way. Working with horses and people for a living has its own unique set of challenges and no one could have prepared me for all I was going to experience as a woman and professional when we opened our boarding facility over ten years ago. This book will make you laugh and even tear up at times and you will find yourself shaking your head because you will relate to so much of it. As a woman, I much too often ran my horse business with emotion and those emotions led to many poor decisions early on. I didn't have boundaries in place to run a healthy business and I had much to learn about myself. I had to change as a businesswoman without changing who I was. It was a journey that took years and even though I am now comfortable in my skin as an equine professional, I believe that we are always changing and growing throughout our lives and that is a wonderful thing. This book is for women of any age that want to start a horse business or are already deep in to it. It doesn't matter if you are running a large facility or boarding some of your friends' horses. The challenges and emotions you will experience will be similar for both. From the very beginning of business ownership you life will change in ways that you never imagined and you will grow as businesswoman. You may find yourself in uncharted waters some days and I want you to know that you are not alone. No matter what part of the horse industry you have decided to work in, this book will encourage you on the path you are taking. We commonly compare ourselves to other professionals and sometimes fall short of our own expectations. At times this is an incredible struggle we go through and supporting each other is so important. You may start out as an insecure businesswoman who second guesses all you do for the horses in your care but you will grow and learn along the way and with that a wonderful confidence will evolve. You will experience feelings from total happiness to complete stress and even anger along the way. But if you hang in there you will eventually find a joy and peace because you are doing what you have always wanted to do...and you will truly believe deep inside that you are good at it. I talk about raising a barn and horse business while raising a family and trying to do all of it well. Having a horse business is so unlike any other career because you are dealing with animals that need your care every day of the week. As women we can feel isolated if we never get off the farm or ranch and because the job can take up so much of our time, getting away can be very challenging. If we are not careful it can wear us down and burn us out. This book is about looking deep inside and finding out what works best for your barn and horse business and above all else you. You have taken a huge chance and became an equine professional. You are living the dream. If you are feeling less than incredible right now then I encourage you to read this book and start to feel good about your career and your life as a professional horsewoman. SPECIAL NOTE - I feel so passionate about this subject and how we as women need to encourage each other in our personal and business life. I have included a page at the end of each chapter so that you can write down your personal thoughts and goals and use it as a journal.

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