# BHS Accredited Professionals Social Media posts examples:

# **Promoting the BHS Challenge Awards**

Guidance: In order to deliver and certificate participants for the Rise Safe Silver Challenge Award you must have completed the training for trainers delivered by the BHS or a Ride Safe Advisor. Do not advertise delivery of this award if you do not hold the ‘Ride Safe Trainer’ certificate. If you would like to complete this training please get in touch with a [Ride Safe Advisor](https://www.bhs.org.uk/go-riding/find-a-coach-or-groom/).

If you're looking for a strong bond with a healthy, happy horse, the BHS Challenge Awards are perfect for you.

The Challenge Awards will help you learn how to care for horses and develop hands-on, practical skills. All at the comfort of your own yard with your own horse.

With over 40 awards to choose from there will be something for everyone, from building confidence with your riding, learning the ropes with lungeing or improving your knowledge when it comes to horse care and welfare.

Find out more about the Challenge Awards by getting in touch with me today [Insert your contact details e.g., web address, phone number]

Are you looking to improve your equine knowledge, skills and build confidence?

The BHS Challenge Awards allow you to boost your confidence and develop any area of horse riding.   
Lungeing, jumping and riding out safely are just a few of the skills you could learn through the Challenge Awards.

As a BHS Accredited Professional, I am here to help you achieve your riding goals. Get in touch today for more information [Insert your contact details e.g., web address, phone number]

Are you looking to progress in your riding?

Why not try the BHS Challenge Awards! As a BHS Accredited Professional Coach, I will provide you with expert guidance and support to help you achieve your personal goals!

There are 42 to choose from and you can pick and mix the awards that suit your experience and interests to help you meet your own individual aims and ambitions in a non-competitive but progressive programme.

As a BHS Accredited Professional Coach, I can help you achieve your riding goals! Get in touch with me here

Do you have limited experience with horses, or are you a complete beginner?

Take the BHS Challenge Awards! With 42 to choose from covering everything from horse care, riding, fitness and lungeing you can focus on what’s important to you!

As an Accredited Professional Coach I hold professional coaching qualifications and regularly attend first aid and safeguarding courses to ensure I can provide safe, high quality coaching.

If you are interested in learning more about the Challenge Awards, please contact me. You don’t need your own horse or any previous riding experience!

Do you want to learn more about riding and caring for horses?

Take the BHS Challenge Awards and develop hands-on skills and knowledge in horse care, riding, fitness and lungeing!

Are you stuck in a rut with your riding? Let me help you focus your goals and bring some fun back into your hobby whilst learning new skills.

As a BHS Accredited Professional Coach, I can help you achieve your riding goals! Get in touch with me here

Improving your horse care and stable management knowledge is one of the most important things you can do to support your horse’s health. With so much conflicting advice it’s difficult to know where to start or how best to make changes.

I can offer a lot more than riding lessons and can support you to improve confidence and knowledge around stable and grassland management, nutrition, behaviour, horse fitness and much more.

**INTRODUCTION TO RIDING**

Are you new to horse riding and not sure where to start?

Take the BHS’ Introduction to Riding Challenge Award to find out:

* What to wear
* Correct riding position
* How to walk, trot and halt

It doesn’t matter what previous experience you have with horses. All you need is enthusiasm and a love for horses!

If you are interested in finding out more, please contact me on XXXXXXXXXX

**RIDING FIT**

Horse Riding is a great way to keep fit. Did you know being ‘fit to ride’ is also the number one thing you can do to help be the best partner for your horse.

With the BHS Riding Fit Challenge Award you can improve your riding while also improving your overall health. We’ll work together at your pace to introduce fun activities and exercises that help you get the most from your riding and improve the partnership with your horse.

If you are interested in finding out more, please contact me on XXXXXXXXXX

**JUMPING**

Are you looking to advance your riding? Do you want to start jumping but don’t know where to start? Learn to jump whilst improving your fitness, balance and confidence among other skills with the BHS Jumping Challenge Awards. I’ll help break it down step by step into achievable goals so you gain the confidence to get off the ground. Get in touch to find out more.

**FLATWORK**

Is your flatwork the best it could be? Get the most from your schooling by enhancing your riding techniques, learn new exercises and develop your skills with your horse together. It doesn’t matter what level of rider you are I can help you to get more from your riding and you can achieve an award or two along the way!   
If you are interested in finding out more, please contact me on XXXXXXXXXX

**LUNGEING**

Lungeing your horse is an excellent way to train and exercise your horse providing variation to their exercise and improving the bond and communication between you. However, it can be dangerous for both yourself and your horse if you just have a go. Let me help support you to develop your technique and understanding of lungeing as you gradually make your way through the Bronze, Silver, Gold and Platinum Challenge Award.

If you are interested in finding out more, please contact me on XXXXXXXXXX