



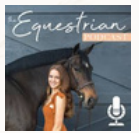
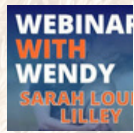
Sarah Louise Lilley

EFT Practitioner & Speaker

Sarah Louise Lilley is a clinical Emotional Freedom Technique (EFT or "Tapping") practitioner. A sought after coach and speaker, she helps equestrians overcome fears, blocks and trauma.

Known for her holistic and heart-centered approach, Sarah equips riders with tools that cultivate ease, trust, and clarity by releasing the root causes of anxious thinking and limiting beliefs.

AS SEEN ON



CLIENT FEEDBACK....

*EFT works!! Sarah helped me work with my nervous system. **From panic attacks and anxiety** while riding to finally feeling **happy, relaxed and excited to go to the barn again!***

-Jessica, FL



*I rode 3 days - **all GREAT rides!** As I anticipated each ride there was none of the usual **tailspin of negative emotion**. My riding has been so **positive and joyful**. I'm making huge progress!*

-Susie, TX



LET'S WORK TOGETHER!

Sarah is available for in person or virtual presentations, keynotes and interactive workshops.

If you have any questions or to book Sarah to speak please reach out:

✉ Sarah@EmotionalFreedomwithSarah.com

🌐 EmotionalFreedomwithSarah.com

📷 [SarahLouiseLilley](https://www.instagram.com/SarahLouiseLilley)



SARAH'S MOST REQUESTED TOPICS INCLUDE

EFT OR "TAPPING" FOR EQUESTRIANS

What if you had a simple, science-backed tool to help you calm nerves, manage fear, and ride with more confidence? In this interactive session, Sarah introduces EFT ("Tapping"), to help riders reset and ride with ease.

✨ YOU'LL DISCOVER HOW TO:

- **Release triggers** from past riding experiences using EFT
- **Rewire your nervous system** for calm and confidence.
- **Feel grounded and present** in every ride – from start to finish
- Experience an **interactive EFT session** so you can practice what you learn

GETTING BACK IN THE SADDLE: 5 STEPS TO RELEASE FEAR AND RECLAIM JOY

Horse-related trauma is more common than most equestrians realize and it often lingers in the body. Sarah walks riders through a step-by-step process to rebuild safety, joy, and trust after trauma or injury.

✨ YOU'LL DISCOVER HOW TO:

- **Support your nervous system** using EFT, a body based tool.
- Avoid the **top 3 confidence-killing mistakes** riders make
- Understand **why positive thinking doesn't work**
- Follow a proven **5-step process** to rebuild trust and confidence

THE HIDDEN HABITS THAT SHAPE YOUR CONFIDENCE IN THE SADDLE

Many equestrians want to feel confident, and connected but feel stuck in cycles of overthinking or self-doubt. This session uncovers the subtle patterns and nervous system habits that quietly undermine your confidence – and what to do instead.

✨ YOU'LL DISCOVER HOW TO:

- **Create safety in your body** through EFT and micro-habit shifts
- Use the **science of habit change** to reinforce confidence
- Identify **well-meaning habits that hold you back**
- Build a more **resilient nervous system** for calm, connected riding