

Name: Sara Howe

Role: Trainer

Background

I have been fortunate to have been involved with training for the CDSGdd group for a number of years and I am passionate about making this wonderful sport accessible for all, sharing my knowledge with others to help them on whatever journey they are on with their horses.

I was literally born in the saddle as my parents owned a riding school, and I have spent my whole life competitively riding and carriage driving. My father was instrumental in setting up the RDA organisation nationally and our family centre has always been very involved in coaching riders and drivers with disabilities for over 60 years. I am an RDA coach and assessor which helps me to have a good understanding of the participant's point of view and the national organisation's considerations for health and safety.

Having established Bradbourne Carriage Driving Centre in 1989, I have taught people of all ages and abilities to drive for over thirty years. I am a UKCC Level 3 coach and have my AI. There are those I coach who have their own equine and others who hire one of my turnouts to learn to drive. I bring to my role as trainer much experience and knowledge in teaching that enables me to quickly assess the needs of the individuals that I coach to ensure they feel at ease, have fun and achieve their full potential.

Furthermore, as a national and international competitor in singles, pairs and teams for over thirty years, I equally understand that competitive spark that is ignited in many who wish to enter competitions and push themselves even further. Working as a coach, I can help drivers set their own personal goals and support them on their way to achieving them. There are no limitations in those who have the positive mindset and determination to want to achieve their goals. My aim is to continue to support the group and all those who join us in our love of this wonderful sport.







