



## SYDNEY JACKSON

**Sydney Jackson, Horse Trainer, Sydney Jackson Performance Horses**

Sydney Jackson is a 26 year old Performance Horse Trainer, from North Ogden Utah. Her inborn passion for horses has been her guiding and driving force throughout life.

In junior high and into high school she would ride the city bus to the barn everyday where she worked for a reining trainer as a full time intern learning how to train horses. At the age of 16 she started a cleaning business to further feed her passion for learning and growth in the world of competitive horsemanship. She wasn't willing to let anything get in her way! Her small business helped her earn the money needed to get to the barn and compete in horse shows. In an effort to keep her business running and maximize her work time at the barn, Sydney opted to do online school and packets so she could still graduate. After graduation she moved to Nebraska and then Texas to work for more trainers and expand her knowledge.

She's no stranger to trials and obstacles. Sydney and many in her family were born with a genetic disorder called li-phrameuni syndrome. The hardship and loss she has experienced as a result of this has given her a deep understanding of the power of mindset and how to live through trials with an outward perspective.

She now runs a successful performance horse training business and has developed a program she calls- Complete Connection. In order to truly connect with the horse, we must learn to connect more fully to ourselves and become aware of our own mindset. Horse and rider must learn to "see" each other. Sydney trains them to communicate with each other through body language, mastering emotions and using specific cues. By focusing on building a good relationship before too much pressure is applied, clients and horses are able to have a long term, mutually beneficial relationship.

Her and her clients travel and compete in a variety of horse shows including the Run For A Million show in Las Vegas. Sydney loves watching her clients compete and have success as much as she enjoys it herself!

She continues to grow her business while being a mom to a wonderful seven year old daughter.

Sydney loves warm weather, doing anything outdoors, exploring new places, meeting new people, and working hard to accomplish goals.