

# The 3 Cs:

## Principles for Trust and Agency in Horse Training and Handling



### Choice

- When horses have some control—like choosing when to approach or move away—they show reduced stress and greater engagement.
- Reduced stress
- Greater engagement



### Communication

- Listening to subtle signals (ears, eyes, posture) and adjusting in response helps avoid conflict and build trust.
- Avoid conflict
- Build trust



### Consent

- Training and care tasks (like grooming, saddling, vet care) can be done with cooperative participation rather than force—
- Improves safety
- Enhances welfare
- Strengthens relationship

