

Emily Johnston of Katalyst Coaching to be Featured on Close-Up Talk Radio

Katalyst Coaching is an equine-assisted coaching practice dedicated to helping clients build leadership skills through the process of self-discovery.

ATTLEBORO, MASSACHUSETTS, USA, June 16, 2014 /EINPresswire.com/ -- It's in a horse's nature to call forth our authenticity in the present moment. As a result, [horses](#) have shown themselves to be remarkable catalysts for change. The work begins on the ground, it starts where you are, and it works at every level.

Emily Johnston is the founder of [Katalyst Coaching](#), an [equine-assisted coaching](#) practice dedicated to helping her clients build leadership, confidence, character and leadership skills through the process of self-discovery.



“I’m the conduit. I facilitate the groundwork and maintain a safe environment,” explains Emily. “The horses aren’t responding to me, they’re responding to the client. Through energy and intention clients work with the horse, who reflects to them what’s at their core. Once you align yourself with what’s at your core, the things you want out of life are attracted to you like a magnet – you start to draw to you what you are inside.”

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Katalyst Coaching was named for Emily’s horse Katalyst. When Emily was 13, she and “Kat” were involved in a tragic accident. While attempting to jump a solid a four-foot fence, Kat’s front leg struck the fence, which caused the pair to flip over, flinging Emily 50 feet. When Emily got up, Kat was on the ground with a broken front leg. She would be euthanized later that day.

“That event changed me. I struggled to forgive myself for Kat’s death and I carried the guilt with me through the hardest times in anyone’s life – the adolescent years,” recalls Emily. “I suffered from depression.”

Though she continued riding, something was always missing until Emily met an equine-inspired coach in Bridgewater who mentored and coached her.

“I finally arrived at a sense of peace about the accident,” says Emily. “I realized that she also had a

choice that day, and she didn't refuse. The work with my mentor showed me my calling, my purpose. Looking back, that accident opened the door for me to find my life's work. It was my catalyst."

Emily received her certification from iPEC in 2008 and Katalyst Coaching has only grown since then.

"I've been through nearly everything my clients are working on and my personal story interweaves with their personal development."

Emily's program has been shown to be highly effective in the areas of business development, team building, career transition and even relationships.

"Everything we do here is transferable to life," says Emily. "That's how it is sustainable."



Close-Up Talk Radio will feature Emily Johnston in an interview with Jim Masters on June 18th at 12pm EST.

Listen to the show <http://www.blogtalkradio.com/closeuptalkradio>. If you have a question for our guest, call (347) 996-3389.

For more information on Katalyst Coaching, <http://www.katalyst-coaching.com>.

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