

Leadership, Empowerment and Mindfulness: lessons from Arabian Horses

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Nadia with Shakira de Magnifique (Magic Magnifique x DB Shanwa by Pryam el Jamaal)

My dream of Arabian horses began like many others, inspired by the legendary *The Black Stallion* by Walter Farley. As a child, I was captivated by the strength and grace of horses, especially Arabian horses which evolved into a lifelong passion. My first Arabian was a straight Egyptian Nagel-bred stallion, NK Nabeel. I begged my father to buy this black stallion, and although he eventually turned grey, the bond we shared was profound. Nabeel was my first true horse companion, my “rock” as a teenager. We rode for hours with just a horsemanship halter and competed in Western events. His passing left a hole in my heart, yet his master teachings shaped my future as a breeder and coach.

The foundation of my breeding program was my mare Ranva, a daughter of Windsprees Mirage and out of the straight Spanish mare Raven. I spent years visiting breeders, attending shows, and learning everything I could. Eventually, I fell in love with a black Pryam el Jamaal daughter, and in 2016, after years of anticipation, the birth of Shayan de Magnifique marked the culmination of my dreams, the first horse I would breed.

We waited three long years for Shayan. His dam, DB Shanwa, was a Pryam el Jamaal daughter, an exquisitely refined mare with an ideal combination of beauty, body, and movement. His sire, Magic Magnifique, was already a renowned name in the world of Arabian horses. From the moment Shayan was born, we knew he was special. His confidence and presence were undeniable, and he quickly earned the title “The Black Sir.”

Shayan’s show career took off in 2018, earning multiple Gold, Silver, and Bronze Champion titles at international B Shows. In 2021 Shayan made his debut as a dressage horse winning many titles with Ilona Bax, such as Gold and Silver Champion in the Junior category at the European Arabian Futurity in Germany. His success as a sire was equally remarkable. His foals were nothing short of extraordinary, and soon, I began dreaming of pairing him with the world’s top black Arabian mares. I created a list of “maybe-someday” mares, including names like Zennyatta and Ava, and the day these mares were bred to Shayan was one of the most thrilling moments of my breeding career.



*Shayan de Magnifique with Ilona Bax
at Arabian Futurity Europe*

Discovering the Power of Horses Beyond the Show Ring

As my breeding journey evolved, I realized that horses, and especially Arabian horses, were not only powerful in the show ring or as breeding partners—they were powerful teachers. In my professional life, people often asked how I developed such confidence at a young age, and my answer was always the same: the horses. The horses taught me how to walk, talk, and feel confident. They taught me how to take leaps into the unknown, how to face challenges head-on, and how to be courageous in the face of fear - and it was these lessons I wanted to share with others.

I began inviting people to experience Arabian horses, and the results were nothing short of transformative. The horses, particularly the mares, were incredibly adept at teaching leadership, mindfulness, and emotional intelligence. My clients learned how to embody confidence, improve body language, and develop a greater sense of presence. They also gained insights into leadership, particularly by observing the alpha mare, who leads not through force but through quiet confidence, trust, and wisdom.



*Shayan de Magnifique
(Magic Magnifique x DB Shanwa
by Pryam el Jamaal)*

Mindfulness and Emotional Intelligence: The Power of Presence

Central to my coaching philosophy is the emphasis on mindfulness and emotional intelligence. Horses are extraordinary mirrors; they reflect our emotions and energy back to us, providing immediate feedback on how we show up in the world. This feedback teaches us to be more present and aware of our thoughts, feelings, and behaviors.

Mindfulness, fostered through interactions with horses, helps us cultivate a deeper connection to ourselves and others. It encourages us to pause, breathe, and truly engage in the moment, allowing for greater clarity and focus. This practice of being present enhances emotional intelligence, as we learn to recognize and manage our emotions, understand the emotions of others, and respond with empathy and authenticity.

The power of presence is transformative. When we embody our true selves—fully engaged and aware—we not only become more effective leaders but also create spaces for others to thrive. Horses teach us that presence is not just about physicality; it's about aligning our energy and intentions, creating a powerful impact in every interaction.



*Rania de Shayan (Shayan de Magnifique x Ranva
by Windsprees Mirage)*



Shakira de Magnifique (Magic Magnifique x DB Shanwa by Pryam)



*Nadia with Dyanna de Shayan
and Shakira de Magnifique*



Fandi (Wadee Al Shaqab x Fudjizama)

Empowering Women Through the Alpha Mare

The lessons of the alpha mare offer a powerful model for women in leadership. She leads not through dominance but through her innate presence and emotional intelligence. Through their interactions with her, women learn to lead with authenticity, trust their instincts, and inspire others simply by being themselves. The alpha mare teaches that leadership is not about being tough or rigid; it's about emotional resilience, social intelligence, and the strength that comes from vulnerability.

By connecting with the alpha mare, women come to understand that true leadership is about embracing their unique strengths and perspectives. It's about leading with compassion and grace, fostering connection, and inspiring trust. Through this, they step into their full leadership potential—not by conforming to outdated expectations, but by embodying their own authentic power.

Confidence and Presence: Teaching Leadership on Stage

Horses also offer valuable lessons for those looking to improve their public speaking and presentation skills. Leadership is not just about the words we say, but about how we align our energy, body language, and focus with our message. Horses are masters at sensing energy, and they provide immediate feedback if our presence doesn't match our intentions. Working with horses, clients learn to fine-tune their body language and emotional alignment, helping them deliver their most powerful, authentic message.



*Doryan de Shayan
(Shayan de Magnifique x Dora el Shardh by Wh Justice)*



The Future of the Breeding Program and Coaching

Looking ahead, I'm excited about the future of both my breeding program and my coaching work. The energy of horses transcends physical space, and I've developed a way to bring their transformative lessons online, enabling me to coach people globally. Horses have the unique ability to connect with individuals no matter where they are, and through online coaching, I can share their profound wisdom with leaders and horse enthusiasts worldwide. I've also partnered with incredible breeders internationally, expanding the reach of my coaching to those across the globe.

As for the breeding program, we are now a boutique operation with between 10-15 exceptional mares and fillies, each chosen for their pedigree, conformation, and temperament. We aim for 4 to 6 foals each year, which are sold to discerning buyers worldwide. We continue to refine our bloodlines, focusing on producing high-quality, black Arabian horses with beauty, performance, and presence. Through these efforts, I hope to build on Shayan de Magnifique's legacy and produce horses that will inspire others and enrich the Arabian horse community.

The future is bright-both for the horses and the people I work with. As I expand both my breeding program and coaching practices, I am more committed than ever to creating a lasting impact. The lessons of the horses are far-reaching, and through these programs, I am honored to help others step into their own leadership potential, embrace their authenticity, and build a legacy of empowerment. ■

For more on Nadia's work and NB Arabians visit

www.nbarabians.com

www.nadiaboersch.com

Instagram & Facebook:

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From left to right:
Nargs al Khalediah (Sinharib Babel x Nawal Al khalediah),
Shakira de Magnifique (Magic Magnifique x DB Shanwa by Pryam),
Dyanna de Shayan (Shayan de Magnifique x Dora el Shardh).