

# Nancy McKay – Equus Coach and Recovery: Exploring Our Relationships with Alcohol

## In this episode:

- Listen as Nancy reminisces how she learned the beauty of being grounded with life coaches she'd never expect, horses.
- Nancy discusses how people can learn from their interaction with horses and how these lessons can change perspective, business and relationships.
- The cyclical problem of having a relationship with alcohol and Nancy's mission of destigmatizing alcoholism.
- Heart-wrenching realities of suffering from alcoholism, depression and self-pity that made Nancy feel at the brink of her life.
- Nancy shares how normalizing alcoholism talks can help individuals like her to make a decision towards a better life and be guided towards recovery.
- Merging the calmness of interacting with horses, the support of a community and the guidance of an individual to move forward with life that is healthier and more fulfilling.

Nancy J. McKay is a life and Equus coach who helps women find their voice and build their courage.

She is the founder of Amazing Outlook Coaching and works with women virtually and with the help of horses to uncover the limiting beliefs and behaviors that are keeping them stuck in the muck.

Nancy is a contributing author to two multi-author books. Her chapter "The Intersection of Desperation and Grace" was published in Ready to Fly Volume 3, in 2020. 2021 brought The Gifts of Adversity, her contribution to Phoenix Rising; Powerful Women Who Rose From The Ashes To Claim Their Place, is an international Best Seller. Both capture her inspiring story of recovery and creating a new life after cancer.

She is also an Executive Contributor to BrainzMagazine and has been published in AuthorityMagazine, Medium, and Thrive Global. Nancy is based in Lakewood, Colorado, and is available for speaking opportunities across the US, global and virtual summits, podcasts, and interviews.

## Quotes from this episode:

"What they say about horses having a visceral effect on you is so true." - Nancy McKay

"To be vulnerable with a 1200-pound animal is really difficult." - Nancy McKay

"If I didn't want to be an alcoholic, I had to keep drinking. Because if I quit, that meant I had a problem."  
- Nancy McKay

"The anonymity of alcoholism is a double-edged sword." - Nancy McKay

"The more that people talk about it, the better we'll become." - Nancy McKay

"We're only as sick as our secrets." - Nancy McKay

"If she can quit, maybe I can quit." - Nancy McKay

"If you're consuming an addictive substance, it's not you that's the problem. It's the substance that's the problem." - Nancy McKay

### **3 Pearls of Wisdom:**

1. "When women listen to their inner wisdom, they don't need to know."
2. "You're never too old to do what you want to do."
3. "The best way to predict the future is to create it."

### **Tim9estamp:**

26:13 - 28:07 - Nancy recalls one speaker that casually mentioned about her recovery journey that made Nancy think that she can recover as well.

### **Resources:**

**Nancy McKay – Equus Coach and Recovery: Exploring our Relationships with Alcohol**

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