



SYDNEY JACKSON

OWNER | Sydney Jackson Performance Horses

Sydney is a professional horse trainer, speaker, and equine-assisted therapy specialist. She began training horses at age 15, shortly after surviving breast cancer, and went on to build her own values-based training business.

Sydney is a two-time cancer survivor who has experienced many life-altering events, including losing a sister, brother, father and husband. Shortly after losing her husband, her four-year-old daughter was diagnosed with a terminal brain tumor. Despite these and other struggles - perhaps because of these struggles - Sydney is one of the most outward people we know. Through everything, she has maintained the most amazing outward mindset. She deeply cares about others, about connecting with people and helping them achieve their goals.

Sydney truly believes in the message, "When life gives you lemons, make lemonade," not just as an inspirational quote but because of what that message meant to the brother she lost to cancer when they were both teenagers. She believes in living every day to the fullest, focusing on the positive, accepting yourself for who you are, and finding courage within yourself in your weakest moments.

With a background as a life coach in an equine therapy program, Sydney also helps people develop and strengthen both personal and business relationships through improved communication, empathy, and connection.