

Speaker 1 ([00:00:07](#)):

You're listening to the journey on podcast with Warwick Schiller. Warwick is a horseman, trainer, international clinician and author, whose mission is to help people achieve a deeper connection with their horses through his transformational training program.

Warwick Schiller ([00:00:34](#)):

Welcome back to the Journey On podcast. I'm your host Warwick Schiller. And recently I had someone send me an email from Australia and said, Hey, I think you really should get this guy on your podcast. He's a, he's a a veteran who served in Afghanistan and he's actually using race horses after their racing careers. And he's using them to help veterans with their mental health and PTSD. And she sent a link to a podcast he did with ABC radio in Australia. And I had to listen to it. I'm like this guy is cool. I love his vibe. And I love his story. And I thought I got to get him on the podcast. And I, I contacted him and I said, you know, you probably don't know who I am, but my name is this and I do this and he missed it.

Warwick Schiller ([00:01:20](#)):

He emailed me back. I'm like, Hey, I'm a huge fan. So anyway, his name is Isaac Adams and he is a, a veteran of the Australian army served in Afghanistan. And like I said now helps other veterans any, any head, some quite a bit of PTSD and depression issues after he was out of the army after he came back from Afghanistan and he now uses his spare time to help other veterans work through that with horses. So I just had the conversation with him and this, this guy's fascinating. I hope you enjoyed the conversation as much as [inaudible],

Warwick Schiller ([00:02:02](#)):

Isaac Adams. Welcome to the journey on podcast. You know, I I mentioned in the intro, but I listened to a podcast. I actually had someone email me about you and said, this guy would be really good for your podcast. And then they sent me a link to a podcast that the ABC radio did in Australia. And so from that, I learned that you are a veteran and you help other veterans with PTSD through working with horses. Is that correct?

Isaac Adams ([00:02:32](#)):

Yeah. Yep. That's that's correct. So I I served in the army for five and a half years. Served overseas in Afghanistan and had my own experiences when I came back and that sort of led me on a path and of where I am today with working with with guys that are experiencing very similarly the the same things I went through when I was separated.

Warwick Schiller ([00:02:58](#)):

Can we go back to so when did you get in the army?

Isaac Adams ([00:03:03](#)):

Joined in 2009? I was I think yeah, just turned 18. And yeah, it was very excited for a career in the military.

Warwick Schiller ([00:03:16](#)):

You you've kind of from a military family.

Isaac Adams ([00:03:18](#)):

Yeah. Yeah. So in the podcast, I I'd said fifth generation, but I think it's actually fourth. And I've gone back and double checked. I thought it was fifth, but it was actually fourth, but yeah, so I've got a very proud history of service in my family. I was very passionate to serve us. I still love service. And I think that's another aspect of myself that motivates my work with the veterans because I volunteer that service. I, I I do it through the RSL sub-branch at Ipswich. And I think

Warwick Schiller ([00:03:55](#)):

Obviously as listeners RSL be turned service league. Yeah.

Isaac Adams ([00:03:59](#)):

Yeah. So, yeah.

Warwick Schiller ([00:04:01](#)):

So when you got in the army, what did you, what did you, what did you do? Like

Isaac Adams ([00:04:06](#)):

Yeah, so I joined as a operator radar. So basically we where you used to pick up artillery, paces or bullets, we can pick up small bullets, anything from small bullet to an artillery paste, rockets, mortars, all those sorts of things that are fired or traveled through the air Yeah. On radar. Yeah. And then there was a side aspect to that. So we did write our operation, but we also did surveillance operation. So we had smaller radars, ground surveillance equipment like ground sensors observation equipment. And then that's what led into the UAVs Unmanned aerial vehicle,

Warwick Schiller ([00:04:51](#)):

Unmanned aerial vehicle. And so how long were you in the army before you went to Afghanistan?

Isaac Adams ([00:04:59](#)):

Three years. I've done three.

Warwick Schiller ([00:05:02](#)):

I went to Afghanistan to do operate the drones. Is that correct?

Isaac Adams ([00:05:07](#)):

Surveillance drones.

Warwick Schiller ([00:05:10](#)):

So three years in the army. So you're all in Australia the whole time? No

Isaac Adams ([00:05:16](#)):

Yes. Yeah. So I did, I did do a little operation in the Torres Strait which was border protection. And so obviously

Warwick Schiller ([00:05:26](#)):

Cool story. Tell us about this. Didn't you have to live in the jungle for a week or something. Yeah.

Isaac Adams ([00:05:30](#)):

Yeah. We live for six weeks. So we we're dropped on an island called Saba in the Torres Strait and I can see the coastline of Papua New Guinea Indonesia. So yeah, we were dealing with parts people smuggling, drug smuggling illegal fishing. And yeah, it was pretty cool. We had, we had a guy come on, our island, who we believed was trying to see if we were there. So we had to live covertly for the six weeks and had some close calls with this guy. He was armed. And I had to go forward and be early warning if he got too close. And it's funny, like thinking back of it, cause I was not maintained. And I've got a, you know, a loaded weapon, which when you're a soldier, that's a norm, but as a 32 year old men, I'm like, what were you going to do with that thing, mate? Like, you know what I mean? Like, it's just this funny, funny I think it's a frontal lobe development that ego, oh wow. You're a 19 year old standing opposite someone who is a very different person to you who was armed and yeah, so it was a very cool, very cool experience. I really loved that deployment because, and it's still ongoing, there's still units that are participate in that because it's really defending in Australia. And so yeah, really meaningful operation. Yeah.

Warwick Schiller ([00:07:07](#)):

And this, this dude that was stalking his, what was he, was he a people smuggling, drugs, Margiela

Isaac Adams ([00:07:14](#)):

Dan understanding he was apart. So he was there's parts of popping in round puking, Guinea. That's my understanding. The two, I had two indigenous soldiers that were with me and one lived in the tar Strait and he knew who they were. He named them at the time. I can't remember now, but he was very, very, very concerned. And he said that these people are bad people. Like he was really quite concerned about it. So it was yeah, it was very interesting. Very interesting.

Warwick Schiller ([00:07:43](#)):

Sounds like it. So then you're in for three years when, excuse me. When you went to Afghanistan, how was, how was it getting the news that you're going to Afghanistan? Were you excited about that or was that concern?

Isaac Adams ([00:07:54](#)):

No, all very excited. At the time I likened it to training, training for sport and then getting the run on side, you know what I mean? I was really pumped to go. I really wanted to serve on operations. And you know, I feel, I felt, and I still feel very strongly about service services protecting Australia and its, its interests and our allies, you know? And I would, I would do it again in a heartbeat. Yeah.

Warwick Schiller ([00:08:28](#)):

So when you were at, in Afghanistan, where w where were you based?

Isaac Adams ([00:08:32](#)):

Most of my Thomas Taran cap I spent some time in another base. That was a little bit closer to helmet, like on the border of home province. It was right over the on the border of the area of operation that we were in. And, but large majority of our time was operating at a TK supporting you and you

Warwick Schiller ([00:08:55](#)):

Were, and you were just, you were flying the drone, does that what you're doing?

Isaac Adams ([00:08:58](#)):

Yeah. Yeah. So that, that was my role just to offer aerial surveillance and Overwatch, and we would, we would do lots of different lots of different tasks, but basically you're an eye in the sky, so to speak.

Warwick Schiller ([00:09:13](#)):

Right. And what, you know, like this Overwatch and the eras of violence, what, a lot of times, what were you, who were you watching? What were you watching?

Isaac Adams ([00:09:23](#)):

Yeah, so we would when patrols would go out, we would provide a observation of anyone that might be posturing in the area. So you would see interestingly in Afghanistan, a lot of the qualities that they live in, they don't have rooms, so you can see straight through the top of them and actually, cause it's so hot, they'll sleep outside or they'll sleep on top of a roof anyway. So we could see guys that would be grabbing weapons out of cases and they would run to posture. We would see guys that would be putting on vests like suicide bonus and things like that. We would also see guys in placing IDs, so they might see a patrol coming, they'll run down and put a battery pack on it. And then try and detonate it. We would also be looking for what they're referred to as spotters.

Isaac Adams ([00:10:16](#)):

So guys that were watching patrols and learning about their movements, trying to understand that yeah, just the way that they operate. We would also do a lot of just watching patterns of life, suspicious activity, getting an understanding of the norms that w within villages and things like that. Because if you would start to see, for instance people are sharing I women and children and then you only see men, then there's a good, there's a good chance that something's going to happen. And if we have a patrol moving through, I can ready, afforded to them and say, Hey guys, we've, we've observed this. The other one that I, I enjoyed was responding to, well, I wouldn't say I enjoyed it. But I found it very meaningful. It was responding to trips in contact. So when guys would be getting contacted or shot up, essentially we would get the call to provide eyes-on.

Isaac Adams ([00:11:21](#)):

So we would fly over to the location and start to identify the enemy and give them indications of where we believe it's coming from. Because a lot of the time these guys would shoot and then go down rat lines and they'd run away all that go and run from different locations. So yeah, trying to, just trying to support the red line is what we refer to. They have like aquifers where they would redirect water for their cropping and that offered cover. So they would shoot from one location rundown and then run along these aquifers and then pop up somewhere else or just get away. So to the guys on the ground, when they're looking across the field, I can always see where they're running, but we can see it from obviously above.

Warwick Schiller ([00:12:13](#)):

Right. They're almost like trenches.

Isaac Adams ([00:12:14](#)):

Yeah. Yeah, yeah.

Warwick Schiller ([00:12:17](#)):

Yeah. And so how was that for you personally, like observing, observing like the Australian troops in combat, you know, how, how did that affect you?

Isaac Adams ([00:12:33](#)):

Interesting question. It affected me differently depending on the event. I it was, it was tough saying God's going through that and you, and I would feel guilty that I wasn't there that happened a few times where you would get that sort of like, and I spoke about this in the, in the other podcast with the ABC like that, you know, have I done it hard enough? You know, I wasn't boots on the ground. So did I experience that or did I just observe that and am I allowed to feel this way about that? There was a little bit of that, you know I had occasions where in one of the bases, you know, you would be having breakfast with the American soldiers and then they would be injured, you know, they they'd get hurt. We had guys that would die.

Isaac Adams ([00:13:28](#)):

And that was tough. That was really tough because you kind of, in my role, you kind of a part of the team, but you don't work as closely with these blokes. You don't know them. Like they know their best mate, you know what I mean? And so you mourn, and you're sad to see them for their death, but, you know, you don't know them, know them, you know, them because of the deployment. So that was something I felt personally, I was like, you know, I, I had Australian soldiers that I got to know while I was on the base that were, that passed away or were killed in Afghanistan. And because I only knew them whilst I was in the base again, I went through that bit of, you know, this challenges me because I'm your mate, but I don't know you like, like the guys in your unit, you know what I mean? Right. Yeah. So it was interesting, interesting experience. And I had to explore and feel out a lot of things that I hadn't really been exposed to before.

Warwick Schiller ([00:14:30](#)):

Did you like with the other operators you were with the men and the drones, you know, cause I think you said on the ABC, like your work in shifts and you'll be on for a few hours and off for a few. And did you have conversations about that sort of thing at the time with them? Or did you guys tend to keep that?

Isaac Adams ([00:14:48](#)):

So now we didn't, we didn't really talk about that stuff at all. Actually. I think a bit, a bit of a contributor to that was how young I was by I didn't have those tools. I, I was, I was a pretty emotionally intelligent guy because of my upbringing. My parents gave me a lot of really good tools, but even still, I didn't really know how to express that. And I personally felt the pressures of just getting on with the job. And yeah, so I don't think, I don't think I did. I definitely would do things differently now that's for sure.

Warwick Schiller ([00:15:31](#)):

I'm just wondering if, if that would make the job easier or harder when you're there keeping up, keeping the walls up and like keeping it all on the straight and narrow kind of thing. Might I dunno if it helps you

get, would it help it get you through it easier or, you know, or would talking about it, help it get help, you help get you through it? Easy? I don't know. I mean,

Isaac Adams ([00:15:56](#)):

I think without jumping ahead to, you know, the horses involvement in this story you know, when you're dealing with a nervous rider and sometimes that's me the best place to go to is actually what's in front of you and deal with what's going. So what do you feel in your hands? What are you feeling in your seat? What, what do we have to deal with what's in front of us and, you know, that's a good way of combating fear, anxiety, all those sorts of things is to stay present. So a hundred percent, I understand and agree with what you're saying with, you know, what is the best way to stay on task. But interestingly, you mentioned the walls and I think the walls is probably part of the problem. Do you know what I mean? The, the walls of, yeah, putting up walls is probably what then makes you emotionally cold and less sensitive to your environment.

Isaac Adams ([00:16:48](#)):

Whereas we would be better off going through emotion of probably picking things up and putting other things down and then putting that down and picking something else up that would be switching really is what I'd refer to that as, as probably more functional way of of working through that. And another thing that I've taken from again, the horses is that pressure and release. And when, when do we need to just let something go? And when do we actually need to press on and maybe not deal with that, or actually press on in, in uncovering that and dealing with that in that moment so that we can move on and not staying rigid, really that pressure, unless, you know, it represents a lot of things, but the rigidity can hold you to something, you know? Yeah.

Warwick Schiller ([00:17:40](#)):

Right. in the podcast I listened to, you told a story about, you know, being on the base there and you, you know, just because you're on the base, doesn't mean you're safe. You told a story about like like a rocket attack or something wasn't

Isaac Adams ([00:17:55](#)):

Yeah. Yeah. So I I had a bit of a close call cause I made a bad judgment call on whether I should discard a ground or run into a almond building. And whilst I was running to the building I had fragments from the bomb whiz past my head and it actually punched a hole in the building that I was running to and a pace about the size of my fist, just miss my head. And, and I had dirt and things from the bone sort of sprang me. But yeah, there were, there were a number of little occasions where we had like people come on base with IDs and there were attacks on the base. So those, those little things can be quite unsettling as far as like that perceived level of security. And when you're on the base, sometimes complacency can sort of slip in a little bit, but remembering that you're in actually, you are actually in a war zone and there are degrees of risk, some areas where I was going to offer more risk being outside the wire, so to speak. But there's always still a level of that. And that maintaining that vigilance, I think is a bit of a factor for gauze that can and problems when they come back.

Warwick Schiller ([00:19:12](#)):

And how long were you there

Isaac Adams ([00:19:14](#)):

For about five and a half months.

Warwick Schiller ([00:19:17](#)):

And it was just a one, one,

Isaac Adams ([00:19:19](#)):

Yeah, just the one. True.

Warwick Schiller ([00:19:21](#)):

And so you, you know, you're quite upfront about PTSD and things like that from your experiences over there, what was, when did you start to come to terms that that's what was going on? Like what was it like when you came back to Australia?

Isaac Adams ([00:19:40](#)):

Yeah. So when I came back I, I guess to describe where the word I felt foreign, like I, I was home, but I didn't feel like that was my home anymore. I felt really foreign and I didn't feel comfortable. And I found it very hard to relax. I was very drawn to things that were high adrenaline and I was always up and it probably took me look it's, I think it's like most things in life there's like degrees, you know? And when you, when you reflect, you probably learn more about that period of your life as you continue to progress through life and looking back at it. Now, I think I would say that I identified it quite quickly, but how comfortable I was and open, I was to the degree of how much I was suffering that varied. Does that make sense? It was a, it was like how much I was prepared to open up and I would, I'd shut down quite quickly. You know, if you, if I started to feel uncomfortable I wouldn't speak as openly and freely as I do now, I would just shut down and that'd be it. So I worked it out pretty quickly, but it took me, so I attended therapy every, every week for about five years.

Warwick Schiller ([00:21:13](#)):

How long after you came, how long after you came back, you just start with a

Isaac Adams ([00:21:17](#)):

Therapy? Well, it was very, it was very all over the place because I'd start working with someone and then they'd say something or whatever, and then I'd be like, I'm out of here. So I think before I really just went, not, this is it I'm going to do this. Probably two years. It took two years before I was like, okay, I'll work through this.

Warwick Schiller ([00:21:43](#)):

And what sort of what sort of therapy did you, do you do a particular type of therapy or?

Isaac Adams ([00:21:50](#)):

I did CBT initially. Yeah, sorry. I made a mistake. It was two years after I separated from the military. So it was three and a half years after I got back from Afghanistan. Yeah. That I started seeing a psychologist and we started with CB CBT. So yeah, it that was how it started. And then I went to moved around a little bit, went down to south Australia to new south Wales. And then when I came to Sydney I started working with a psychologist who said, listen, we're going to do exposure therapy and in-vivo sort of work. So I would, we started off with, I would, I had to write down all the things that were spaces that I

would feel triggered and places that I've struggled with and from, you know, least severe to most severe.

Isaac Adams ([00:22:48](#)):

And I would then have to go out to those environments and expose myself to those environments for at least 40 minutes. I had to work through it. And we worked through different tools and, you know, a stillness exercises, breathing exercises, all those sorts of things. Strategies to help me deal with being in that present moment, because I would just start getting all sorts of feelings and emotions. And once we worked through all of those, then we went into exposure therapy where I had to talk about all I had to write down again, a story that bothered me right down to the worst, absolute worst experience I had that was really traumatic for me. And then I had to tell those stories and record them and then listen to them every day. And that was, that was hard work. I did all of that without medication.

Isaac Adams ([00:23:40](#)):

And it was very hard. I would sometimes come home from my appointments and sleep odd sleep from, you know, I'd get home at two o'clock in the afternoon and sleep until eight, 8:00 AM the next day, because I was just so emotionally and mentally exhausted from what I'd gone through. Yeah, it was, it was the hardest thing I've done them off by far, the hardest thing I've done in life. It being so emotionally and mentally drained and hurt that you're physically in pain. It's, it's a, it's an, that's another world, man. Like, yeah, it's crazy.

Warwick Schiller ([00:24:15](#)):

So before that, cause some of that stuff I hadn't heard of the exposure therapy I had, what was the thing before the exposure to

Isaac Adams ([00:24:22](#)):

I hope I've got the name, right. I remember it, it was called NVivo. So it's, it's a level of exposure really. Where, so for instance, for example crowded spaces would give me anxiety. So shopping centers I would have to go to a shopping center, sit at a bench and you would feel a panic attack, come on. You'd feel triggered, you'd feel whatever, and I'd have to sit there and work through it, convinced them.

Warwick Schiller ([00:24:59](#)):

Did you guys work on tools to use it that so learned the tools for,

Isaac Adams ([00:25:05](#)):

Yeah. Sorry. Yeah. Yeah. So we got, we worked with some sessions, we've worked on some sessions,

Warwick Schiller ([00:25:12](#)):

Right? If you guys listen to it. Yeah. Well that's what I'm, that's what I'm getting at is, is you know, that's what you do with horses and you know, I've done podcasts on the principles of training. And once that, one of the principles of training is create a tool before you use a tool. So before you put yourself in that situation, the therapist would have taught you some tools to use in that situation. I wanted to make that clear because people might think, oh, I'm scared of whatever. I'm just going to go on, stick myself and not have any tools to help you through it. Yeah.

Isaac Adams ([00:25:42](#)):

So I did say it before. I'd probably didn't make it clear enough, but we did like breathing exercises and different strategies. I had, I had different strategies. So those, those were the tools that I was given. And also we would do things again much similar to horses, exposing them to something that freaks them out. We would work at, you know, that pressure of how close would you be to it? So if I, you know, we might start further away from the shopping center and then gradually incrementally bring it in as you get comfortable with that. So, very interestingly at that same time that I started exposure therapy, I went and got a horse. And then that's when I, as I said to you earlier, I started watching your YouTube videos and watching, you know, there was one that you had starting an anxious call or something like that.

Isaac Adams ([00:26:31](#)):

And it was you and around him with his big black horse. And, and you were talking about how you're going to help this horse with developing those tools and listening to you talk about that with Holtzman language, to what the psychologist said. And they all, it was so interconnected. It was so much the same thing. I used to go to these sessions and say to my psychologist, I listened to this guy work and he just talked about this with this horse. And so she used to use horses as an example, as an analogy for how I'd work through these things. And and then I would work on the tools and the strategies that she taught me. And I would actually start importing them on my horse because I got a horse that was in the unwritten barking, naughty section at the dog house.

Isaac Adams ([00:27:16](#)):

So she had her bag and she had her things. And so I was teaching them, empowering them, learning them myself, and observing them through working with horses. And yeah, very, very key. I think that's a very key part to my healing was that I was able to practically apply them to something else and then sort of look at them retrospectively or indirectly and observe that and see how it was working. So I was able to then take myself out of that mentally and emotionally from myself, if that makes sense. Yeah.

Warwick Schiller ([00:27:54](#)):

Yeah. So tell us, cause you didn't, you know, I've heard any other podcast you grew up with with animals, dogs, and chickens and things like that, but you didn't actually have horses. So what was the, what was the trigger for, you know, what was the, the end for you to go? You know what, I think, I think a horse would be a good idea.

Isaac Adams ([00:28:11](#)):

Yeah. So I worked in calcium gas mining and I was going out to properties and I would go out to these properties and horses were done sometimes come and find me. And I was at a particular property in these three yearlings came over to me and started following me around. I've actually got the photo on my phone. And the farmer came over to me and said, when he was, we were negotiating and talking about different things. He said, I these horses here, the following year and they're on hand, he said, you know, are you, are you a horseman? Did you start with horses? And I said, no, man, I've got no experience horses. I love them. I think they're great, but I don't know anything about them. And he said, well, I think you should have a go because they they've taken a liking to you.

Isaac Adams ([00:29:02](#)):

So that was a bit of a, that was the start of it. And then I worked on a sheep station and the neighbors had horses and when I'd be out working on the fences, I'd see these herds of horses and they'd run around, up on this mountain top and then cruise around. And one of my, one of the books I worked with he we talked to me about them and I found it very fascinating observing her behavior. And I started connecting dots there or what I felt had to be something there in regards to observing these horses and a bit of our own behaviors. But also, you know, little things like the way that the lead her horse lead horse would interact and behave versus the young cult and the way that he tried to staunch people and the way that he would behave, you can see the insecurity as opposed to the older horse who was, had been there and done that and the way he handled people and handled situations generally.

Isaac Adams ([00:30:03](#)):

So I started that, started creating some aha moments and I was like, that's fascinating. You know? So then I was in Sydney project go forward to my time in Sydney and I was looking for other therapies and started looking up therapies, found horsemanship, and then I found you, and then I started watching you on YouTube and I thought I've got to have a go at this. So so I was looking up, yeah, I was looking up different therapies and then found horsemanship and then found your, your YouTube channel started watching that. And then actually whilst, whilst I was looking at this stuff on YouTube, I found a documentary on the dog itself and that put me in tears

Warwick Schiller ([00:30:53](#)):

For people, for people overseas dog, his sales are horse sales. They call it, they call the horses. Dog is in Australia because they're going to go for dog food. They're going to be sold for slaughter. So they call them dog or sales.

Isaac Adams ([00:31:05](#)):

Yeah. So yeah, no, there was a documentary on that and I couldn't watch it, it broke my heart. So I thought I needed to go and get one of these horses because at that stage I didn't want to ride, I just wanted a pet, something that I could work with. So yeah, I, I went down to the, I went down to an adjustment center and there was an old fella there, like a bit of an old hand, you can tell it was a cowboy, a bit of a cowboy. And I said, Hey, man, I want to go get a horse. Everybody thought I was mad. And I was partly mad at that time on set. And I was like I want to go get a horse. And he said, yeah, cool. I said, you know, make sure it's got clean legs, straight legs, make sure it's, you know, you don't want a horse side, this, he had all these different things and I went all right, cool. And I always tell people when they ask me, it's funny, cause people said to me by an old gelding, like you want an old boy been there, done that, something that's going to look off to you. And I went down to the south, but the horse that I found was like a three or four year old Philly. That was from the unwritten section because she bought and I picked that one. So I went a bit against the grind there, but that's okay.

Warwick Schiller ([00:32:18](#)):

But did you pick, you told me a bit of a story before we get on here that you didn't pick her. She kind of picked you.

Isaac Adams ([00:32:22](#)):

Yeah. Yeah. So I I really wanted to have a horse that was interested in being with me because I just felt like that was my best opportunity working this out. So armed with a little bit of knowledge, just enough to be dangerous. I I went down and started walking around and there was over a hundred, I think it was

170 horses there. Not all of them were destined to the dogs, but it was a sale yard. And walked around. I spent three hours there and I walked around and I'd stand outside the yard. And just say, if the horse won't interact with me. And there was a pen that had three horses in it. And when I walked over there and I just stood by the gate my host coder now, she, she came out from the other horses and she walked in the middle of the yard and just looked at me and I thought, okay, I only go in because this horse is looking at me.

Isaac Adams ([00:33:18](#)):

So I walked in and and I just walked, went to the gate, basically just went inside the gate and she walked and then met me. I sort of met her halfway. And yeah, she, she pushed me with a snap right in the middle of my chest. And I just like, sort of took a step back and I thought, I can't take a step back. I know, I know that I can't take a step back here. I've got to do something. So I took a step forward and I pushed her in the chest just gently to nudge her back. And she took a step back and massive breath and just let it out, you know? And she lowered her head and Lee was looking and chewing and blinking and I thought, I'm pretty sure that's a good thing. I remember seeing that somewhere. So I turned and I walked to go around behind her to see if she joined up with me and she joined up with me and I thought, yeah, I'm pretty confident that's joined up.

Isaac Adams ([00:34:09](#)):

I was able to touch her along and back and she trusted me to pick up a foot and I thought, no, this is, this is the way to go. We're going to do this. And so yeah, it was a very powerful, you know experience. And then I went, I wrote a number down in my phone and I went and sat in the in the grand stand. And I waited around this round pen and she was number 1 0 8 and then I'm caught at 1 0 8. And it was so funny cause she didn't come out and then I hear this big crack with stock whip and then she comes bolting in and she's looking around all startled. And then she, this is the part that I can't believe, but she actually saw me and she walked across the round pen and stopped and faced me.

Isaac Adams ([00:34:52](#)):

And then the bidding started and she went right down to \$200 and so I started bidding and I'm a bloke in the, in the, in the stands started pinning and I knew he was buying horses for the dogs. So I was pretty, I was pretty worked up. I was pretty emotional and I'm, I'm bidding on this horse and yeah, I won, but the whole time she just stood there and stared at me. And a few people said to me afterwards, do you know that horse? Like if you there's something that you've got a connection with this horse. And I said, Matt, I don't know anything about horses. And I said, well, why did you pick that one? I said, because she, she seemed to want to be with me in the yard. These people, you should've seen the look on their face.

Isaac Adams ([00:35:33](#)):

They didn't believe me at all. Like, what are you talking about, man? And so, yeah, then I got, I got a truck to take it back to the agistment and the, the, the all fellow there. He looked at her and he went in, you know, nice top good job. And then that's where it started on watch. I'd watch your videos on different things, desensitization, all that sort of stuff. And I just go down, I'd literally would watch the video, have a go. I don't know how that went, watch the video again, have another go. And we just worked it out. And then yeah, I went through a process of trying to find new trainers and stuff like that. And then as, as, as I said before, you know, I, I quite honestly anyone that I felt like wasn't really aligning with what I, what I felt were the right principles.

Isaac Adams ([00:36:25](#)):

I just went look, sorry, it's not for me. And I had, you know, to be honest, I had a tough time because there's a lot of opinions out there and there's a lot of a lot of people that will take you by the hand when you don't know what you're talking about. So I had to really sort of establish some values essentially on what I wanted this to be. And as far as I was concerned, if it, if it wasn't benefiting me or my horse, I was happy to put that horse in a paddock because I knew that she was going to go to the can. You know what I mean? So it didn't matter. It didn't matter. As long as she was happy in eating grass, you know what I mean? And that's, that's really been something that now I learn is them being comfortable, you know? And that's my goal with everything is as soon as I can help that horse be comfortable with what we're working for, then I think I'm on the right path. So yeah,

Warwick Schiller ([00:37:18](#)):

You know, I just want to back up a second because the, this whole podcast is called the journey on podcasts. And it's about a lot of times it's about people's journeys on how they got to where they are and things that happened along the way. And I had a guest here, I forget probably six months ago named Jim Masterson. And Jim does a very subtle type of bodywork with horses. And he was a, he was a groom for hunter jumper shows here in the U S and as a group, he would watch people who worked on horses, like did body work and stuff. And he started noticing these things that wouldn't happen with the horses when they did certain things. And he developed his own whole system from that, but he's the only hunter jumper groom who figured it out. So what I want to know from Jim was like, how did you figure that out?

Warwick Schiller ([00:38:10](#)):

Like what, what separates you from everybody else? And it was like pulling teeth. I couldn't figure it out for a while, but finally figuring out that he lived in Africa as a, as a child, his dad was a contract pilot, lived in Africa as a child, had pet monkeys, pet baboons used to you know, observe their facial expressions and all that sort of stuff. And then later on, he got heavily into a transcendental meditation for a couple of years, like very seriously into it. I'm like, ah, okay, that makes sense. Well, you would tell me a minute ago when you're on the sheep station and you're looking at that mobile horses over there and you would observe their behaviors. Yeah. Didn't you spend quite a bit of time looking through a drone at, at villages in Afghanistan and observing behaviors. Yeah,

Isaac Adams ([00:38:58](#)):

Absolutely

Warwick Schiller ([00:39:00](#)):

Fine. You know, noticing patterns and things like that.

Isaac Adams ([00:39:02](#)):

Yeah. Yeah. I do. And I, and I, you know, that is my, I love that you picked up on that. That is my answer. When people say to me, how have you gone from someone who never touched a horse to now running a horsemanship program for people, you know? And and how, how are you doing that? And I said, well, honestly, I feel like the horses have become something that helped me to, to understand and express myself. And when I was all through my life I have always thought a bit differently. I, I am a little bit of an old bull and I'm happy with that, you know, but I do, I do have my own way of expressing myself and

thinking about things. And for me, the horse really just represents my world. It, you know, the way that I learned to interact with the horse has adapted and changed why that I interact with people and the way that I observe things.

Isaac Adams ([00:40:08](#)):

And when we were having a bit of a chat before this podcast we were talking about how people perceive things in that comprehension. Right. And what I had was something that challenged my comprehension. And I think it key component to that. Well, two key components to that is that when I was a young fellow, my my dad was teaching me how to train German shepherds. So dad had German shepherds or Alsatians and a big factor to that was responsibility. And he could, he could do something with a dog that I couldn't do as a young fellow. And I would, I'd be trying to get it and I couldn't get it. And then he would grab the dog and he would do it. And it, it would come back to me and, and, and that's a confronting, but liberating thing at the same time, because when you understand that it comes back to you, well, then you have all the ability to do something with it.

Isaac Adams ([00:41:08](#)):

Do you know what I mean? And then when I started working with horses and I started working with Scott Brody, I would, I would blame the horse. I'd be doing something. And I would say, he can't do this. And Scott would say, no, he can, you can't, I'd be like, don't say that to me. But then it, it fell back to my childhood of my father saying to me, mate, this dog can do this. It's about the relationship that you have with that, with that dog, you know, and in a way, my conflicts with my, within my own life and my own battles that I was going through at that time was actually about me and my interaction with the world. Do you know what I mean? And that's what I mean by when I say the horse represents the world, because a beautiful example of that is aggression and I used aggression for everything. And that was just something that I learned as a kid. And it was, it was reinforced by the army. But when I, when my 650 kilo thoroughbred doesn't want to go on a horse flight, your aggression is not going to help you can't get him on the whole flight with aggression. So things like that challenged my fallback. Do you know what I mean? And, and I love the old saying in horsemanship that says frustration picks up where knowledge leaves off. And, and

Warwick Schiller ([00:42:35](#)):

I see

Isaac Adams ([00:42:37](#)):

That. Yeah, yeah. Where it's affecting. Yeah. I I challenged myself with that. Every time I get frustrated, you know, and anything, you know, I have a conversation with someone and they frustrate me and I think what don't I understand about this? What more can I take away from this conversation? That's going to help me to better understand, do you know what I mean? And, and that need for education is again a very confronting, but liberating sort of thing. You know what I mean?

Warwick Schiller ([00:43:11](#)):

Yeah. You know, the horses are great at that. I couple of years ago I went to a, it was a three and a half day. Men's emotional resilience. Retreat was actually led by a guy who's a, an expectation. He was a, an army officer. I mean a air force officer here in the U S but he's done a lot of he's done a lot of personal growth work himself. He's done a lot of grief work. He's done all sorts of different stuff. And, and the whole weekend was pretty amazing, but there was a guy at that thing with me and he was a firefighter.

So he here in America, a fireman they're the first responders. So, you know, like in Australia, the ambulance shows up first in America. So you've gotta be, you've gotta be like an ambulance officer. You know, you not only just fight fires, but you do all that.

Warwick Schiller ([00:43:58](#)):

So you you're the first one to an accident. So you see all the, the carnage. And so, you know, he was, this guy was out of everybody at the, at the thing. He was the most shut, like the guy leading the thing, couldn't crack this guy because, you know, he's, this guy had two teenage daughters and he arrives on the scene of a car accident where there's a teenage girls, but all over the place, he cannot think that could be my daughter. He's just got to be doing his job anyway. His wife has horses. And so at the end of this retreat thing, he said, Hey, my wife tells me that horses a reflection of you. He said, so if your horse is an, does that mean you're an? And I said, no, it actually doesn't work that way. The, the syllabus for that whole weekend was there was a, there's a book about the four male archetypes as king warrior lover, magician, and they all kind of balance each other out sort of thing.

Warwick Schiller ([00:44:54](#)):

I'd never seen that book. And, or have you ever seen that book? Great book. But anyway, I said, it's a bit like that. I said, you know, whatever, it's not, they're a direct reflection of you, but whatever you're lacking in, or if you're too much of something, it will show up almost as the shadow side, like that book we were on. So there's the king warrior lover magician. That's what the book's called. The king is the doer of deeds. And he does things for the well, he does things for the good of the kingdom. Basically he does acts of service for everybody else. But the shadow side of that is the prince. And the prince does things for external validation. So every one of them has a shadow side. And I said, so it's almost like that with the horses. I said, if you were to timid, you will, there'll be a reflection of that from your horse, but it won't be your horse being timid. It's almost the opposite of that. But if you're too aggressive, your horse won't be necessarily be too aggressive. There'll be probably the opposite of that. There'll be too scared. And you know, so they're not a direct reflection, but they are, they're a result, you know, you've got, you've got to be, you've got to be that well-rounded, you've got to have access to all the parts to be able to help because with a horse, because they have all the parts work with

Isaac Adams ([00:46:11](#)):

Them. Yeah, absolutely.

Warwick Schiller ([00:46:15](#)):

So tell us a little bit about how so you, you, you got this horse helping you with things. How did you get into helping other veterans with their PTSD, with horsemanship? How did that come about?

Isaac Adams ([00:46:29](#)):

So Scott runs a veterans program and he was working with inmates down in new south Wales. And I, I was following him around and working, working some horses and stuff. And one afternoon he he pulled me inside and I remember it was a very powerful conversation. And he said to me was standing by my horse. He said to me, Zach, where do you want to go with this? Like, what do you want to do? And I said, I want to find a way to get better. And then I want to help other people do it. And he said, well, you have the aptitude, you have the aptitude to work with horses. He said, I truly, truly believe that you can make an amazing horseman because you have the right pieces and you have the right understanding and comprehension. He said, so if you want to do that, you give me five days a week or five sessions a week.

Isaac Adams ([00:47:32](#)):

I'll give you a horse. And we, your horse and his name was buggy. Boy. He was a x-ray source. He said, it'd be your horse. You retrain him and we'll start there. And I went, yup. Although, so I'd go down every day and work with budget, boy tricky. His name was, and he was a 10 year old, 10 year old gelding. He'd raced right up until he was nine. And he had already, what they didn't tell me was the budget boy had gone through the program, done had to spell and come back for his, because Scott TransAm does some things spell, comeback, train them, get them ready for, so the budget boy knew the ropes. And that's the story I was telling you about when, on say this horse can't do this and he'd say he can do it.

Isaac Adams ([00:48:20](#)):

I had it. I had him doing it. Right. So anyway, so it was a very, there were some tough days. I spent a lot of time laying on my bed, staring at the ceiling. I'm thinking, what am I doing? But then Scott budget boy actually went to the place. He got a trial as a police horse. He unfortunately failed due to a vet check, but he's gone to a home doing trail riding and stuff, a really beautiful horse. And anyway, after that, Scott used to listen to me, talk, I used to talk Scott's ear off. I still do. And he goes, mate, you say some really good stuff. You know, you say some really good things and I want you to come down. I want you to talk one of my clinics. And I went, oh yeah. He goes, look, people need to hear what you've got to say.

Isaac Adams ([00:49:09](#)):

I really believe that. And I was like, okay, okay. So I went down to this clinic and he got me in to do a demonstration of joiner and I couldn't do it. I couldn't do, I was, I was, my heart was pounding out of my chest. I was so anxious. I couldn't do it. And my horse eyes, my my thoroughbred was looking at me like, whoa, like he was on the other side of the rampant. Right. And Scott started coaching me from the outside and was helping him in. And he, then he picked up really quickly. He went on a, hang on. This is, this is Zach. So he diverted, he's a great coach, great mentor. He diverted covered it for me. We got the, we got it done. And then I walked out and he said, Hey, go on, man. I said, man, that put the fear of God in me.

Isaac Adams ([00:49:59](#)):

Like, you know, I was not, I felt like I wasn't ready. He said, well, I think you were ready. And that's why I put you there because I know you've got the tools to get through that. He said, but we're only going to get better from that. And so he would talk to me and he would coach me on things and we'd talk on the phone and he'd say, I really liked what you just said. Then next time I get you to speak. I want you to say that, throw that in there. And so he really helped me, you know, I really got, I mean, this man has changed my life and he then gave me more and more opportunities. And you know, it's a big thing for him because at one stage I had only been literally around horse for seven months. And I was instructing assistance as an assistant instructor on one of his clinics.

Isaac Adams ([00:50:39](#)):

And I remember a person walked up to him and said, why am I, why is he helping me with this? And he said, what do you mean? And she said, I've been around horses my entire life. And I know that he's only had been around horses for a couple of months. And he said, well, if he tells you anything, that's wrong, then that's on me. But I can tell you right now, he's not going to tell you anything wrong. Cause he does exactly as I have taught him. And he understands this just as well as anybody and for Scott to put his name, like, you know what that's like as a clinician and someone running clinic for him to put his name

next to me and say, I back this book that was very empowering and I learned a lot and he then continued to help me and back me and put me in front of people.

Isaac Adams ([00:51:22](#)):

And I just developed my own style of talking. And I really worked out what it is that makes horses work for me and what I get out of it. And, you know, I, he also says to me, don't confuse your ambition with your ability. So I'm very aware of my, what I can and can't do. I do know what I'm not able to do. And I just, I share what it is that I know. And I'm very open to what I don't know. And I will, if you know, I still have times where I'll, I'll run sessions and I've got something on my mind, you know, and I, and, and it's blocking me from working with that horse. I share that. And I say, guys, I am not, I am not the person here that thinks he knows everything. I am facilitating something by the fact that I own this horse.

Isaac Adams ([00:52:12](#)):

And I'm offering a safe space for you to work with this horse and be around this horse, but I'm learning too. And yeah, basically that, that's how it started. Really. It was just, Scott kept giving me these opportunities and, and then I started working with him. And then when I moved to Queensland back, this is where I'm from originally, which I went back to an hour or so because I started working with an RSL when I first got out and that they are a really good bunch of blokes, Vietnam veterans, who I resonated with really well. And they took me under their wing and looked after me. And so I wanted to get back to an hour or so, because I felt like I had something to impart and share and I'm wanting to get off the ground.

Isaac Adams ([00:52:57](#)):

And so the HR, so through talking to them and I volunteer down there as a welfare officer, they said, yeah, man, let's, let's get this going. Let's do something. So I went down to a local school and I started working with students from defense families. So there's kids there that their parents are currently serving. And they're really extraordinary stories that you hear of kids that are displaced because of posting cycles. You know, parents are getting moved and they might be 1516, and they didn't want to move again because they've got a boyfriend, girlfriend, they got a job, you know, they want to, they want to be their own person now and they keep getting moved. So, you know, interrupt, creating interactions for them, with horses to better understand themselves. And, but also to understand what mom and dad are going through. And I talk a bit from that side of the military and try to help connect them because I still believe that the best support is family.

Isaac Adams ([00:53:56](#)):

And that was what helped me through my really tough times as well. So there's a bit of that that really got me going and then the RSL completely funds and supports this program. So I run a Saturday session. And I just had an open day, one day. It was amazing. Like 70 people turned up and I just started talking like I have now and just ran demonstrations and did join up, got people out of the crowd to do join up. Did you know, target work, getting the hospital, its nose on a bucket and just different little things where the horse can act at Liberty and, and, and be its own person. And you need to be all the own voluntary, really, really, you need to be influential and positive viral laws that a runaway. And I find that a really powerful, positive space.

Isaac Adams ([00:54:45](#)):

And I'm able to do a little bit of what Scott used to do for me, where I can step in there and say, if you just move a little bit over here, or if you can think about where you are mentally right now, and we can just push all that aside, maybe just leave it at that gate over there and, and just be present with that horse. And I'm sure you've seen it many times. The amount of times I've asked someone to close their eyes and just breathe, just breathe for me and just close your eyes. And the horse just turns and walks up to them and stands with them.

Warwick Schiller ([00:55:19](#)):

The energy changes completely done

Isaac Adams ([00:55:20](#)):

That it's, it's mind blowing and it it's it's, it's very hard to describe, but when you put people in front of horses and they see that sort of stuff, it's so powerful, you know, so yeah, that, that's that's a bit of a long story on how I got to where I am, but that, that's it. Yeah.

Warwick Schiller ([00:55:39](#)):

You know, there's something you said in there when you're working with Scott Bano after you working with Scott. Sorry. When, when you said you're working with people and you said, you know, if it's not working for you, you will tell them, Hey, I don't know, you know, it's not working right now or whatever that is. And I think that, you know, that's leading by example because you're trying to get these people to kind of open up a little bit and let those walls down. And if you can go first and let that wall down and go, Hey, I'm, I'm not, I don't know everything here. Normally I can do this, but I can't today just be vulnerable about, you know, let some of that stuff out. I think that's like the, as like creating a space to where they could actually be a bit more vulnerable to.

Isaac Adams ([00:56:26](#)):

Hm. Yeah. And I, I believe in, from my experiences so far, you know, even, even the people that I idolize and look up to in the horsemanship world, I know that they have days where they go that wasn't as good as I've done it before. Do you know what I mean? And, and that's a bit like loft, you know, you have days where things, unfortunately just don't come together. And if we, if we continue to develop and hold this pretense, that things will be perfect and I don't make mistakes, but you're not really opening the conversation to mental health or anything developmental, you know what I mean?

Warwick Schiller ([00:57:05](#)):

So before we got on the podcast here, we had a great conversation. Hopefully we can get some of that back out. But you said that you were working, you said that you were called up to I think it was give evidence or give a statement for some sort of a rural inquest to do with PTSD and veterans.

Isaac Adams ([00:57:23](#)):

Yeah. So it was the same thing happened with much how you found me with the podcast. When the ABC, a, a commissioner came across my story and said, look, I want to get this guy in the inquest. That's I'm very privileged to have that opportunity because it hasn't started yet. And so I'm being asked to come in and speak at the start of this inquest. And normally those sort of things happen at the end after someone, maybe their name gets mentioned or whatever, and they go, oh, we're going to talk to this guy. So I'm very humbled by that. And it's a really great opportunity, but yeah, so I've been asked to, to

give my accounts on, on my service as a, you know, as a veteran and Afghanistan. And, but then I really wanted to hear about this horsemanship program and how that's helped me integrate into civilian life.

Isaac Adams ([00:58:15](#)):

But something that I was talking to you about that I found really interesting is everybody in the black I must say everybody in the process has been amazing and everyone's got great intentions and I can see that they really want to make a change and, and, and help out. But we were having a conversation much like you and I are now. And there was someone that was recording and generating a statement for me. And I went over, there was clarification. So we went through the story, then some clarification, and then we went back over, we spent a couple of hours on this and that go away and come back and go on and come back. And then they created this final statement. Well, not final, but they created a statement and they said, can you read this? How does that rate, does that sound like what was spoken about?

Isaac Adams ([00:58:59](#)):

And I read it and I was just shocked at what I got back and a little bit like what we're talking about with horses, right. And that interaction, what stood out to me is the way that it landed with the person that I was telling it to, because that's how it read it. Didn't read verbatim how I'm speaking to you. Now it read that someone interpreted what I had to say, like this to the point where there, the language that I use, for instance, they referred to a combat zone. That sounds like someone's Googled something. Or they've watched band of brothers in the combat zone generally. I mean, like, it's just, it was very dramatized now. I don't blame anyone for that, but I think what it's highlighted is a systemic issue. And that systemic issue is the same thing that guys face when they separate from the military.

Isaac Adams ([00:59:52](#)):

I mean, it's, it's within the military too. You might go down to see a doctor psychologist and they say, okay, tell me what's going on. And you, you know, you dig up these things and you express and you talk about it. And then I have experienced myself. But I've also with guys that I've conducted welfare work with, they go, I don't know what these people are thinking. I didn't say that. Do you know what I mean? What, why have they said this back to me? Why, you know, now when we're reflecting and we're trying to look into why guys are committing suicide, my feeling in, you know, and understanding that, you know, disconnect and isolation is a big factor. It's, it's something that stands out, right. And when you've got someone and I, I'm happy to go back and work on this statement and fix it all up.

Isaac Adams ([01:00:41](#)):

But as I said to these, these lawyers and people, I said your trying to do an inquest into why guys are committing suicide and what's happening and what, where's the problem here. And we've just highlighted a systemic issue in itself. It's not necessarily one person's fault, but you've got personalities in these roles and people's comprehension on what they believe, right. Or what they think that we should do with these people is where we're getting miscommunication and misrepresentation. And then when you've got a vulnerable person who feels like they can't be heard, and what they're saying is being misinterpreted and they're in a desperate place. How, how connected do you feel? How, how isolated will you now feel? Because you just spent all that time of going through that stuff. And, you know, I talked to a lot of guys, they say I'm sick of changing psychologists or doctors, or going to different people because I have to keep telling the same story and I have to keep being that unwell person so that I will get supported.

Isaac Adams ([01:01:42](#)):

Do you know what I mean? And that identity and wearing that and carrying it around. It's awesome. And I really feel that that is a massive contributing factor. And I find it very interesting that it's organically occurred through the inquest. And yeah, you know, it's interesting when you spoke before about that firefighter being, being shut down. I I worked with a horse, a lady had a horse at rotting school and she said to me, can you work with this? It was a quarter horse Philly, a quarter horse, man, sorry to, can you work with this horse? It started, or it stops. It just stops. It just you'll be running on and just stops. I said, okay. She said it doesn't like men. It doesn't like being brought old. And it doesn't like being in an arena. I said, okay, no worries.

Isaac Adams ([01:02:36](#)):

So I started working with it. And when I went through this process and yeah, it was shut down, it was shut down. And what I noticed was that I could ride it and I'm not a fantastic writer, but I could write it after three sessions of groundwork, I was able to hop on and we could ride, she took the horse back and put it back into the school. Someone jumped on it and it tried to buck this woman off. And I said, oh, she came back to me and said, that horse is gone backwards again. And I said, okay. I said, how long did the lesson go for? She said, oh, it went for about, about half an hour, 40 minutes. And then she started, she started having these issues again. So I jumped back on the horse, started rotting, no problems. Right. And I, I had a discussion with this lady and I said, what do you, what do you think the problem is?

Isaac Adams ([01:03:26](#)):

I mean, it went fine for 40 minutes and then there's a problem. What do you think it is? And she said, she wasn't listening to the horse. And the horse went back to being shut down. It was either, it was either going to phrase or it was going to Bach because it's trying to get away from that, that the fact that, Hey, you're doing something here and you're not listening to me. I'm going to go back and I'm going to shut down. You know? And I do believe there's a bit of that in service guys, because we're not always allowed. As we were talking about my experiences overseas, we're not always allowed to express how we feel. And sometimes it hurts so much. You just push it back, you know, you push it back and whatever, but eventually you get to a point where you become so aroused or so worked up that your mind will shut down. And that's just another connection that I made through working with horses, where I was like, these guys suffer the same things, you know, they they're, and it's human intervention. It's, it's, it's our interactions with them. It's our interactions with ourselves where we can lose sensitivity and lose that ability to communicate effectively. And then that individual will shut down. And yeah. So a prime example of it with working with this horse.

Warwick Schiller ([01:04:42](#)):

Yeah. I think, you know, I think with the horses they shut, you were just talking about being heard, you know, being listened to. And I think they tend to shut down because you know, it become overwhelmed, you know, shutdowns on the other side of anxiety, you know what I mean? Like if you don't go from relaxed to shut down, you go from relaxed to concerned and when whatever you are trying to do to alleviate that concern doesn't work, then you kind of go into shut down. And it sounds like it was the same thing with like your statement for this, this suicide thing. You weren't, you weren't being heard. There was a, there was a lens that they, they viewed what you were saying through that, that distorted what you were saying. And I had a, I had a guy named mark Rashad on, I don't know if you ever heard of migration, but him on the podcast here earlier this year and he's, he's does quite a bit of martial arts.

Warwick Schiller ([01:05:43](#)):

And he does a martial art called Akita. And he says, they have a saying called a mind like Stillwater. And he says, first thing in the morning, if you go out to like a little pond or something around there and stand on one side of it, when there's no breeze, and you look at that pond, you will get a perfect reflection of what's on the other side of the pond, a perfect reflection. But if you put your finger in the water and just squish the water a little bit, or get a pebble or whatever, and throw it in there, you will, your interaction will change what that reflection looks like. So it's no longer a true reflection of what you're looking at. And he said to be, to work with horses, you need to have a mind like still water. So you have to be able to remove, or that, that store you have about what they're doing.

Warwick Schiller ([01:06:28](#)):

You have to remove that judgment and you have to be able to see, see them for who they are and what they're actually doing without having a story attached to it. And, you know, mean one of the, one of the, either I did a lot of therapy one of the things I really learnt was about observing judgmental, thoughts, being aware of judgmental thoughts and that sort of thing. And when I practiced that for a while, the next year when I started going and doing clinics, again, I found that the horses were completely different around me than they had been before. And mean, this is, this is 2018. So, you know 51 at the time sort of thing, you know, I've been around horses all my life and something I've been doing away from horses is made those horses different. And what I've done was I removed that, that lens, where I wasn't viewing them through a certain lens, or it wasn't projecting any story onto them.

Warwick Schiller ([01:07:25](#)):

I can just see them for who they were. And they were completely different. It was kind of mind boggling for me to where, you know, I've been around horses all my life, and I've always thought I had to do something to make the horse better, but really I had to be something, you know, I had to be a different way and it was getting rid of that. It was getting rid of that lens. And it sounds like you're talking about, you know, these veterans go to the psychiatrists and therapists and they tell their story, but they say, well, they're not, they're not hearing what I'm saying because they, they have a, they have a story behind the story. They have a lens that they're viewing it through instead of being able to listen. And that, yeah, that being able to just be present and listen to a human or a horse, allow them to, to give you their, you know, their, their, their, their honest feedback and not judge it and not interpret it something other than it is.

Warwick Schiller ([01:08:26](#)):

That's, that's a skill I think. And that's, I think that's a big skill with horses. And I, I was going to say, you know, you, you said, you know, you only started with working with horses in 2016 and you know, then, you know Steve, is it the guy's name? Scott, Scott, sorry, you Scott's got you helping at these clinics and stuff. And this lady says, well, I've been around horses all my life. A lot of times you're in a, you're in an enviable position because you don't have all that old BS, you know, old wives tales about horses. You don't know that stuff. You know, this lady that was talking about you, you know, she's got, you know, she's got 40 years of baggage about the horses. You can't let the horse win and yada, yada, and you she's got all that. You don't have that. So that's, you know, I think sometimes people that come into horses not necessarily later in life, but th th that start out learning, you know, the kind of the way we're looking at horses these days start out learning that first, rather than trying to relearn stuff. I think sometimes they're, they're actually quite a bit better than people who've been doing it all their life.

Isaac Adams ([01:09:44](#)):

Yeah. You know, something else that I took away from working with Scott too, he used to say to me all the time, I'm not, I'm not doing anything new here. People who've been working with horses for hundreds of years. Like, I'm just, I'm just doing what works for me, gentlemen. So I've, I've found something in a book, or, you know, he, he likes Spanish black classical training. So he, he worked with a guy called Miguel Devorah. And he said, you know, Miguel did, has followed the Spanish way of educating horses. And he said, that makes sense to me. And it helps me understand what I need to do, but I'm not doing anything. That's not something I just came up with. And so I found that very humbling that he would say that, but also we're following something that is, you could argue is proven, I suppose, but it's a, there's like a lineage there.

Isaac Adams ([01:10:40](#)):

There's a history there's gentlemen raw. And so there's a bit of, I'm not saying that you need to stick to one thing, but in a way it did suit my mind at the time that I liked to follow a system. And I just wanted to get those key components. And then my personality is what I feel makes it unique. Do you know what I mean? And and as you said before, about the horses and understanding, you know, Scott talks about the difference between a rider and a trainer and a rider rides their horse, but a trainer can work with any horse and yeah. Knowing how to change, as you said before about the horse will become something off of the way that you are learning how to change and adapt how you interact is something that I find like amazingly therapeutic. And I think because of the way, as you said before, because of the way that I've come into horses, I have a completely different appreciation.

Isaac Adams ([01:11:35](#)):

And I look at it, I look at it so differently. I'm, I'm not coming from a, as a, as a kid that had a horse and rode around in a property or competed at a low level and developed all these beliefs and opinions and feelings about things and motivated by different, different things. You know, my motivation is purely about how, how horse can help me and how then, how I can help a horse really, and how I can interact with it. So I think, yeah, I do have a very unique why I've coming at it. But if that makes sense, you know what I mean?

Warwick Schiller ([01:12:11](#)):

Oh, most certainly, but you know, you've got this, you know, I think, you know, I think Scott said to you something about, yeah, you, you, you have the aptitude for this, you have this. And I picked it up listening to the ABC podcast. You have this energy about you. That that is a very ah, it's a very chill vibe and it's very, it's very open. There's no, there's no walls up there. And, you know, I, I didn't do it with you because I didn't want to put you on the spot or anything. But normally for my podcast guests, I give them 20 questions that I stole from Tim Ferriss, tribe of mentors book. And I haven't used four or five or six or seven. And for me to, to discuss with them in the podcast. And one of the questions is what qualities do you admire in other people?

Warwick Schiller ([01:13:03](#)):

And my, and so what I did for one of the podcasts is I just went through and answered all 20 questions for me, you know? And when it, when that question came up, I said, well, you know, it's changed as I've grown, but it used to be because I've been kind of shut down, you know, most of my life, and didn't, didn't really have access to like explosive energy or, you know, I've kind of been, just blur all my life and not being very brave. I've always admired people who were, who were, were brave sort of thing. You

know what I mean? And then like going to that, men's emotional resilience retreat. Like one of the guys, there was a former UN hostage negotiator, you know and it turned out at that thing that I found out that every single person there had the same underlying issue, whether you were scared or you were a tough guy, it was all the same thing.

Warwick Schiller ([01:13:57](#)):

And, you know, over the years. So I've, I've kind of come to realize that people who have that, I don't know, bravery thing that I used to, I used to admire. I realized that they're doing for the same reason. I'm scared, you know, like listen to it, you know, like an interview with Mike Tyson of the day. And he was saying, I was the most fearsome person in the world because I was the most scared person and all that was a scared little boy in there. And, and so when I answer those questions on the podcast, I said, so what I used to admire in other people was, was kind of, you know, physical toughness and bravery and stuff. But these days what I admire it's changed. And one of these days, we're at a moment in other people is is openness like emotional, openness, like not having those walls. And, and you, you don't have those walls. I can just get that, get that vibe off you. And, and that's, and I think, you know, it appeals to me and I'm sure it appeals to the horses too.

Isaac Adams ([01:15:00](#)):

Yeah. Thank you. Oh, look, I find it lot if I was a very, a very scared person when in easily intimidated person, when I was a young fellow through, through high school, and I feel that a part of my connection to the military was that I thought I'd be tough if I wore the uniform. And, and I, I think I said it in the podcast. I didn't think I was going to make it. I idolized my father and the other men in my family that served. And I see them as you know, you see you. Well, I do see, I see them as heroes, my grandfathers and Ellis tough men. And so I thought I'll put the uniform on and I'll be tough. You know what I mean? And then I went overseas and I come back and I'm crying because of, and I'm sad, I'm hurt and all the rest of it.

Isaac Adams ([01:15:49](#)):

So I dealt with that with anger. So I became an angry person because I don't want to deal with it. Sadness and sadness is a weakness. That's what I thought. Right. So, but now I've realized that that's, it's all wrong, that's all wrong. You know what I mean? I've got myself in all sorts of trouble. I was I was charged with drug possession because I was taking anabolic steroids. And that was because I wanted to be someone I wanted to be this big, tough guy. Cause I wanted you to look at me and think, man, that guy massive emails me tough gentlemen, I think back to that now. And I'm like, Hey, that's so silly. Like, who thinks like that? But that's, that's where I was at. You know? And I think the journey with, with the horses is taught me a little more emotional intelligence and also taught me to be comfortable with sadness, just, you know, just being comfortable with that.

Isaac Adams ([01:16:48](#)):

And it's still to be brilliant, honest, it's still something that I work on. I have this thing when I work with my mayor coder. And I think it's because of the connection of when I found her, but she makes me incredibly emotional, like not all the time. But she knows, she knows something that no one else, you know what I mean? That's the feeling, that's how to describe it. And so yes, she can see me what very, very clearly. And and same thing happens with ice. And I have learned to cry and I'm very bad at it. I, I, I, I was quite an emotional kid, quite emotional until I joined the military. And that's when I started becoming quite hard and cold about things, but that was what was tying up my problems. That that was

what would pin me down or pull me down to that problem, you know, and once I started to learn sensitivity again and recalculate calibrate my emotions then I started realizing that all this stuff started coming off my shoulders, but I still do have something that underlines and a bit of sadness say, you know, and, and it's it's amazing how the horses will pick up on it.

Isaac Adams ([01:18:03](#)):

And I just go, like, I get this, I feel choked up. You know what I mean? And so I'm still working through that. It's something that I'm comfortable with still working through. But I guess my openness and my willingness to express myself is come from a place that I realized that we all go through it because we're all, we're all human. And you know, I, I, when you was talking about that, I, I started thinking about the Cherokee Indians. Well, the Indian, the native Americans, right. And how in the in the war that were used as warriors, because the, that was seen as fearless, but it wasn't that there were failures. It's just culturally, it wasn't allowed. So they were scared, but they just weren't allowed to show it. You know what I mean? And so that, to me, I think of that. And unlike everybody feels these things, and I think particularly as men, particularly as men you know, I think it's gone now, but you know, it wasn't that long ago that we would say don't cry, don't be a girl. You know what I mean? Don't, you know, why your boys don't cry, don't show emotion. Don't, you know? And so that's obviously still around, it's still in our cultures. It's still now in our societies. And I'm happy to be the person that talks about it more than happy. Yeah.

Warwick Schiller ([01:19:31](#)):

Yeah. I've been talking about that stuff for quite a while. Have you ever heard of a book called the masks of masculinity? So it's a good boy gun. I'm Lewis Howes. And he was an American guy. He, I think he was a very successful college athlete. Might've played in the NFL for a short amount of time. And then he wrote a book called the, I forget what it was, but it was about his sporting prowess and how to do it. And yada, yada, yada, and then he watched it. Wasn't a show on Netflix. Actually. It was a documentary on Netflix called the masks we wear. And it was about well, he's, I'll tell you about book, but his book is about it's called the masks of masculinity. And he said, because we're not supposed to show fear and show and cry and all of that sort of stuff.

Warwick Schiller ([01:20:16](#)):

As children, we men develop these masks to cover up our emotions and he lists there's seven of them or nine of them. And one of the other, one of them is the joker mask. And so when the conversation gets a bit serious, you crack a joke, whatever. And he said that there's a place in LA called the comedy store or the comedy club comedy store. I think it's called where a lot of big time comedians get this start. And if you go there and want to be a comedian, the guy that owns a place as well, first, you've got to go and see a psychiatrist because you are obviously severely depressed. If you are a professional comedian, you have spent so much of your life masking emotion by cracking jokes that you are now so good. You're going to be a professional comedian. He talks about the, the aggressive mask, the alpha male mask, the achievement mask.

Warwick Schiller ([01:21:10](#)):

And he says, a lot of CEOs of big companies are high achievers, but they're high achievers because there's a master. You got up. So now you are successful and you're miserable. And he says, you don't have to not be successful, but you got to figure out what your mask was. From one of them is called the nodal mask, you know, where you act like, you know, everything because you don't, you, you not, you

don't wanna be vulnerable and say, I don't know the answer to that, or I don't know how to do that or whatever. And yeah, that book was a really kind of a watershed for me when I read that one, I was like, oh yeah. Cause I could see a lot of, I could see a lot of my masks. I didn't even know I had those mask. I'm like, oh yeah, the know-it-all mask.

Warwick Schiller ([01:21:54](#)):

I can see that one. The, the joker mask. Yeah. I can see that one. Not being shut down. I never really had the aggressive moron or any of that stuff. But, but yeah, it's a, it's a fascinating book, but it is about that right there. And, and before we got on the podcast, I mentioned Renee brown. And you said you hadn't really didn't know that much about it. In one of her books, she talks about this NFL linebacker. So they're the one of the big dudes in the NFL, you know? And he was telling a story where he, when he was 10 years old, went to football practice. The coach said to that guy, I want you to run over him. And he kind of had a bit of a tear command his eye. And the coach said, don't be a post run over that guy.

Warwick Schiller ([01:22:38](#)):

So he said, I did. I ran over that guy. And I read over everybody who stood in front of me for the next 20 years. I ran over wives. I ran over business partners. I ran it. I just ran over everything because, but it's all, you know, like Mike Tyson, you know, I was the most face of man in the world because I was a scared little scared little boy. And I think like, you know, in Australia these days, there's a lot of a lot of talk about men's mental health and suicide. You know, a lot of farmers committing suicide, that sort of thing, because we have, you know, we had a 10 year drought and everything's getting flooded. You know, I've been in the states since 1990 and what I would notice over the years, especially we went back for four years, but we've been back here since 2010, but what I would notice going back to Australia to a clinic or something, rather, you go to the pub for dinner and you go into the, into the loo along the wall is something about men's mental health, which, which didn't use to be there.

Warwick Schiller ([01:23:34](#)):

So it's a, it's a topic of conversation these days. But I really think the key for young boys and stuff is allowing them to show fear and that sort of stuff, and then coaching them on how to work through it. Like in my era, if you showed it, you would judge very poorly for it, but there was no, if you, you can either do it or you couldn't, but there was no like, okay, let's, let's kind of like you with the, with the, the shopping centers, like let's coach you, how to expand your, your comfort zone and expand your courage. And you know, that sort of thing is there is, there's not a lot of coaching on how to be brave. You either brave or you're a girl, you know what I mean? And I, and I think that's the key is, is it's it's, it's okay for those kids to, to express their emotions and show they're scared and whatever, but they, I think they need mentorship from everybody on how to learn, how to be brave.

Isaac Adams ([01:24:47](#)):

Yeah. Yeah, absolutely. Look, I it can be, it can be being brave. It can be showing emotion. It can be anything. Right. Yeah. And, and I have an interesting thing I found when I started working with horses and something that I see a fair bit with veterans, right again, is, is you'd get a horse that acts up. So it does not go on the float. Doesn't knock on the beach. It doesn't, it doesn't handle gone to a show. So people would either make the horse really tired, lunge it until it's tired or that medicated. Right. And I used to think, but when are you going to ever challenge that horse on how to get over that? Right? And the same things happened for veterans. Medication is always the first thing that happens. They go, right? You're not feeling well. Antidepressants gone see a psychologist.

Isaac Adams ([01:25:44](#)):

What happens more often than not is they stopped seeing the psychologist because it hurts, but they keep taking the antidepressants and then gauze gets stuck in this cycle of taking any depressants. Then they stopped working cause they, their bodies develop. They adjust to that or they stop having that same effect. And then they go on another trial and then they go onto a different one. And they have med changes every six months of these med changes. But no one ever goes in there, as you said, and coaches them on, this is what we need to work on. Do you know what I mean? This is, this is what I feel. Horses offer a wide from your traditional soccer, psychological treatment and therapies and things is that we can discuss what's occurring in the horse and what we're seeing, observing from the horse, and then talk to the individual about how they might be able to better influence that.

Isaac Adams ([01:26:41](#)):

And if you have someone who needs to be more brave, if you need someone who likes to, they need to be more assertive. Right. Assertiveness is something I talk to the kids about a lot because I see it a lot with the young young boys, they aren't assertive. They, they're not sure how to project what they want to say. And it's, yeah, it's interesting because girls who are more likely to vocalize than the boys at that stage, and we're talking about 13 to 16, right. So, you know, we might need someone that can be more assertive. We might have a kid who's very anxious. And so this kid, this horse, I've had horses running around just, they don't want to stop training. They just try and drop and drop and drop and drop. Cause they're like, ah, like I can feel this, you know what I mean?

Isaac Adams ([01:27:25](#)):

So by saying, okay, are you observant? Can you, can you see this for me? But can you see that? I want you to stop thinking about what's in here in your mind. And I want you to talk to me, observe and describe what you're seeing here. And then I start talking to me about it and I start, okay, so what can we do? Cause it's, it's you and the horse in this container, you're in this environment. And I've spoken about, I talk about leadership and, and being the leader in that space. And, and self-regulation in a way that that horse will then feel your vibrations in your energy and it will come to you because at the moment those vibrations are pushing it away. So how can we, how can we work on that? And through, you know, an indirect, as I said before, an indirect way of focusing on something else, I'm actually getting that person to be present because they're not, they're now not thinking about, you know, I need to be brave.

Isaac Adams ([01:28:16](#)):

I need to be assertive. I need to be, you know, they're thinking, oh, well, you know, I, I do, I am attracted to the horse. I would like to better this, this relationship. So I'll do what you say and wow, look at work. You know what I mean? But what happens then is that are, take that person out. And I put another person in to up with the same horse. And I'm very mindful of how long you'll leave a horse with doing the same things or whatever. But what I like about that is the only denominator in that situation. Well, the biggest denominator let's say is the person. So they've just observed someone worked through something and they've seen something achieve, be achieved with that horse. And then we put another person in and you'll get a different result. And then I talk like I did before, about how that, that horse can be representing your partner, that host can be representing a relationship you have with a friend, it can be your job. It can be your children, it can be germane, it can be anything. And yeah, I find that it, it starts to develop and establish a bit of a confidence and a different way of thinking about things by

actually not dealing with that person individually and maybe isolating them out. It's about just thinking about something else and bring, bringing it along. Do you know what I mean?

Warwick Schiller ([01:29:38](#)):

Yeah. You know I did a year of a type of therapy called dialectical behavior therapy. And one of the, we used to have these mindfulness homeworks every week, but one of the, one of the homeworks had a list of these mindfulness exercises. And one of them was, if you have an animal closely observe that animal, like if your cat's laying in the window sill and the sun shining in, just sit there and look at every little individual hair that's lit up by the sunlight. And when you observe something like that, you're, you're out of your head, you know, and I loved what you had them doing. Like say that the horse, you know, the person's anxious and the horse is running around. You said, tell me what you see. And I'm sure what you're trying to do was get them out of their head.

Warwick Schiller ([01:30:23](#)):

But also it's not telling me what, how the horse feels like don't judge, what's going on. Tell me what you see, you know, these horses, this horse is trotting around or whatever, you know, it's not the horses and idiot, you know what I mean? It's you, you, you're, you're getting rid of that judgment, but what, what do you see? It's kind of like, you know, sunlight kind of like that CBT thing. Whereas if you oh, I hadn't hired a recent experience that day. So I had to present at a summit in Lexington, Kentucky couple of weeks ago, and it's called the breast horse practices summit. And I was the speaker after dinner on the Saturday night. And it was basically going to be about my journey with mental health and the horses. And so it was relatively raw and vulnerable.

Warwick Schiller ([01:31:12](#)):

And I also had to do a, you know, on the big screen behind me, I had to do a PowerPoint presentation so I can talk all day, but I had this PowerPoint presentation. I had to make sure it worked and all that stuff. And, and I'm usually kind of off the cuff sort of thing. I don't follow a script. And so I'd been stressing about this thing for quite a long time. And I also with it being, you know, being quite vulnerable to a room full of 200 people that you don't really know, I kind of got thinking, oh God, what if my next big, you know, break down breakthrough happens then? So I'm, I'm kind of concerned about what if, because I've been doing a lot of different things to kind of get my emotions working and, and, you know, we're getting the pointy end of the stick now to where at some point in time, I'm going to lose my completely, which is good.

Warwick Schiller ([01:32:08](#)):

But I was kind of stressed about it for, you know, a couple of weeks leading up to it. What if it happens then anyway about, I don't know, half an hour before I supposed to go on, I have these, I have a panic attack. Wow. And I don't have panic attacks, but my wife has had panic attacks for a long time and she's learned how to get over them. And so but well I wasn't having a panic attack because like my wife, when she has a panic attack, she feels that the things that she feels, she feels like she's going to die. Yeah. I'm pretty rational about that. Like I know I'm not going to die, but my whole body is just thumping and you know, everything's buzzing and my heart is about jumping out of its chest. And, and so I text her and go, Hey, having a panic attack, what tool should I use?

Warwick Schiller ([01:32:51](#)):

And so one of them, there was one she gave me was count five things. You can see more things you can hear, you know, that sort of, so I did some of that sorta sort of stuff. What else did I do? I did an alternate nostril breathing thing that I have been told about. I went outside and grounded. I put my hands on the wet grass. I did a number of different things. And I actually, I, I got through the whole thing and, and it worked quite well. But yeah, what I was saying, there was this, you know, what's something you can see, like identify something you can see gets you out of your head. And that's kind of what you're doing with those kids in that.

Isaac Adams ([01:33:32](#)):

Yeah. Yeah. Another one I like to do is I'm just putting their hand on the horse and, you know, horses, they Twitch. Cause they got all that sensitive. And I talk about sensitivity of the, of us with our finger tips and the horse over their skin and connecting with the horse in a way that you're physically touching and feeling, but also being open to what the horse says back to you. So just the horse move away. Does it go nod? Don't want you to touch me there. Does it peanuts, is, does it become more relaxed? I have one horse who has he always nips? The people like nips all the time. He's, you know, he's only five. And, but I have a girl who McKayla is her name she's 13. And when she goes up to Vinny, he falls asleep and they have this connection that makes, brings tears to my eyes.

Isaac Adams ([01:34:25](#)):

Like I it's beautiful. You know what I mean? Like when I see it, it's amazing and I don't have that connection with him, but, but she's someone that is quite a quiet and reserved girl. She's brilliant with horses and never been around one before. She can make Vinny or she can work with Vinnie to do anything, but that was something I did with her and it just, it just worked as soon as she went up and touched him. It just, it changed now. And so that, yeah, it's amazing what you can do and the tools that can develop to help yourself that, you know, we, yeah, we can achieve a lot. And I think it's just a bit of reconnection and I really like, you know, one that you spoke about before with the touching the grass a lot gardening and I used to go out the back and put my hands and saw just, and take my shoes off and walk and shuffle my feet on grass, you know, all those sorts of things. And so, you know, there's a, I think that is just another sort of connection to that, to the horses and how they can be so powerful in the way that they help you to ground in some. Yeah. It's really cool.

Warwick Schiller ([01:35:36](#)):

Yeah. I think that's amazing. I think what you're doing is, is awesome. So is that what you're doing full time

Isaac Adams ([01:35:43](#)):

Now? I study. So I'm studying exercise physiology.

Warwick Schiller ([01:35:49](#)):

You said earlier if you're a personal trainer

Isaac Adams ([01:35:52](#)):

Or I was years ago. Yeah. So I'm actually yeah, I'm actually volunteering, but I'm supported by the department of veteran affairs. So they, they support me to go to university. So I'm very grateful for that opportunity. And it's something that I struggled with when I was first put onto that program. Which, you

know, I didn't feel like I should be getting like that support because I thought, well, I volunteered to join the army. I volunteered to go overseas and there's people doing it harder than me. So you know, maybe that's something I still need to work through with accepting things. So what motivated me then is, that's why I'm going along with the RSLs because I thought, okay, if I'm going to be supported to do this, I'm going to use that to allow me to help other people. And then that's how it just grew into the horsemanship program. And so that's, that's what I do. I study. And in my spare time I try and train and work with my own horses and, and then run the program at schools and on the weekend with veterans.

Warwick Schiller ([01:37:07](#)):

So the program with the, with the kids and with the veterans, is it a non-profit?

Isaac Adams ([01:37:11](#)):

Yeah,

Warwick Schiller ([01:37:12](#)):

It is. And so how do people, if someone wants to donate or anything to that, how do people find that?

Isaac Adams ([01:37:17](#)):

So if they go to the [inaudible] website there is a donations tab and that can donate through the RSL. And so that, that money will be held by the RSO. And then that helps me with feds. If anything happens to the horses, they are so covers vet bills and things like that. So, yeah, it just, you know, previously before I got along with the RSL actually covered the cost of all of this myself. So I would travel to clinics and, you know work with people and run little days and things, and I'd just do it off my back. So having the ourselves support has been amazing.

Isaac Adams ([01:38:06](#)):

I just, you know as I said to you before, I really, I really, I wasn't a adrenaline junky kind of person. And I did a lot of silly things and I, I did a lot of the things that I'm very ashamed of. But it was all searching for a high, do you know what I mean? And I get a rush when I'm around horses. And when I talk around about horses, that is the most powerful thing I've ever felt in my life. And so really, you know, someone said to me, and it really challenged me at the time. They said to me, you know, you do this because it's good for you too. And I was like, you making it sound like I'm selfish. You know what I mean? And then I sorta thought about it for a while. I was like, no, man, chill out.

Isaac Adams ([01:38:47](#)):

Like, it's cool. It's true. Do you know what I mean? It's, it's actually true. I do get a lot out of this. And so I, you know, as when I was a section commander in the army, I loved mentoring. I loved coaching and seeing change, meaningful change in people. And I love doing it for myself as well. And so I, I liked to work with the thoroughbreds because a lot of them don't find a life after racing. And so I like to repurpose that horse and I liked to connect them to a person who probably doesn't understand or realize their purpose yet either because their, their purpose was connected and tied to the service. But now it's about helping them find something else. Do you know what I mean? And yeah, so I, I get, I get so much out of it. I have a folder in my laptop that's called crazy ideas at 3:00 AM. Because that's what, that's what happens. And I write, I just write and write and write. I'm like, Scott describes me as a

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maniac, my poor, my poor partner. She has to deal with my caffeine induced brain explosions. And like, I just, I just love it, man. I just love it.

Warwick Schiller ([01:40:00](#)):

Well, you certainly are passionate. And yeah, I think you're doing an amazing thing. So I'd like to thank you for your service, firstly, cause that's amazing. Thank you for what you're doing for the veterans. And thanks for joining us on the journey on podcast. This has been a fun.

Isaac Adams ([01:40:17](#)):

Thank you. Thank you very much for the opportunity. Really?

Warwick Schiller ([01:40:20](#)):

No worries at all. And you guys listening at home once again, if you, if anybody wants to donate, it's the Ipswich RSLs website. That's correct. Yep. Yep. You'd find on there. Awesome. So thanks everybody for joining us on this episode of the genuine podcast, we will catch you on the next one.

Speaker 2 ([01:40:42](#)):

Thanks for listening to the journey on podcast with Warwick Schiller. Warwick has over 650 full length training videos on his online video library [videos.warwickchiller.com](https://www.warwickchiller.com). Be sure to follow Warwick on YouTube, Facebook, and Instagram, to see his latest training advice and insights.