

Mathilde & Sligo

A Modern Equestrian Story Rooted in Passion and Purpose



There is a quiet confidence to Mathilde Labat, one that feels deeply rooted in tradition, yet entirely her own. Through her platform, Mathilde et Sligo, she has created more than a following; she has built a lens into the everyday poetry of equestrian life.

Her world is not defined by a single moment in the ring, but by the rhythm that surrounds it. Early mornings, the unspoken connection with her horse, and the balance between discipline and intuition that defines the sport, all shape her perspective. Based in France and traveling across Europe, Mathilde has cultivated a presence that feels both refined and refreshingly real.

As her journey continues to evolve, now with a growing connection to the United States, Mathilde represents a new generation of equestrians. One that seamlessly blends sport, storytelling, and a lifestyle shaped by authenticity.

We sat down with Mathilde to learn more

about where it all began, what continues to inspire her, and where she's headed next.

HORSE & STYLE: *How did your journey with horses begin?*

MATHILDE LABAT: My journey with horses started quite simply: I began riding in a small pony club in France when I was around six years old. At the time, I was only riding during school holidays, so it wasn't something structured or competitive at all. It was really just about discovering horses, being around them, and building that first, very natural connection. But even with that rhythm, I became completely fascinated. Every time the holidays came around, all I wanted was to go back to the barn.

Then quite quickly, everything shifted when I got Sligo. He was a real turning point for me. Having my own horse changed everything: it brought a deeper sense of responsibility, consistency, and connection. It wasn't just occasional riding anymore, it became part of my daily life.





“This is a journey I’m still writing, one ride at a time.”

That’s really where my journey truly began. Sligo is still at the heart of everything I do today, and in many ways, he shaped both the rider I became and the path I chose afterward.

H&S: *What continues to fuel your passion for the sport today?*

MATHILDE: What continues to fuel my passion today is really the nature of the sport itself. It’s constantly evolving; no two horses are the same, no two days are the same, and there’s always something to improve or refine. I also love how unique equestrian sport is compared to others. It’s a true partnership between horse and rider, and that creates a level of precision and harmony that’s very special to watch and to experience.

There’s also the diversity within the sport: the different disciplines, the environments, the cultures around it. It can take you from

a small local barn to some of the most iconic events in the world, which keeps it incredibly dynamic and inspiring.

And finally, it’s the beauty of it. Whether it’s a competition, a training session, or a moment at the stable, there’s something very timeless about horses that continues to captivate me.

H&S: *Your platform, Mathilde et Sligo, has become such a recognizable voice in the equestrian space. What inspired you to create it?*

MATHILDE: I didn’t start Mathilde et Sligo with a very strategic vision at first; it came quite naturally. I simply wanted to share my daily life with my horse, Sligo, and document moments that felt meaningful to me. At the time, I felt like the equestrian world was often shown in a very traditional or performance-focused way. What inspired me was the desire to show something

more complete, with everything that exists around the sport, especially the lifestyle and the behind-the-scenes.

Sligo was naturally at the center of it. He’s been part of my story from the beginning, and the platform grew around that relationship. Over time, it evolved into something much bigger. I realized there was a real opportunity to tell the story of equestrian sport differently, through a more immersive and narrative approach, closer to what you see in fashion or lifestyle media.

Today, Mathilde et Sligo is really an extension of that vision: creating content that feels both authentic and elevated, and that allows a wider audience to connect with the world of horses.

H&S: *How has your time in France and across Europe shaped you as a rider?*

MATHILDE: France has a strong

equestrian culture with a real emphasis on fundamentals. That structure early on helped me build a technical base that I still rely on today. What really shaped me is the exposure to different systems and mentalities. Each stable approaches riding slightly differently; whether it’s the way horses are produced, trained, or managed. Being able to observe and experience that has been incredibly valuable.

It teaches you to adapt and to stay open-minded. You start to understand that there isn’t just one way of doing things, but many ways to achieve harmony and performance. That diversity is something I carry with me today, both in my riding and in the way I approach the sport more globally.

H&S: *You have begun expanding your presence in the United States. What excites you most about this next chapter?*

MATHILDE: What excites me most about this next chapter is the scale and energy of the equestrian scene in the United States. There’s something very dynamic about it: the level of competition, the infrastructure, and the way the sport is integrated into a broader lifestyle. It’s also a place where sport, media, and business intersect in a very natural way. That creates a lot of opportunities, not just as a rider, but also in terms of storytelling and building projects around the sport.

I’m particularly drawn to environments like Florida or Kentucky, where you have world-class facilities and a very international community. It pushes you to evolve, to think bigger, and to position yourself on a more global stage. It’s not about leaving Europe behind, but more about building a bridge between both worlds, bringing together different cultures of the sport and creating something that resonates on an international level.

H&S: *What are your goals as you look ahead?*

MATHILDE: Looking ahead, my goal is really to continue building something that sits at the intersection of sport, storytelling, and lifestyle.

On the riding side, it’s about continuing to evolve, to train in the best environments, and to stay connected to high-level sport. Being surrounded by that level of excellence is something that constantly pushes me forward.

STYLE *rider*

At the same time, I want to keep developing Mathilde et Sligo as a true media platform, one that can tell the story of equestrian sport in a more modern, immersive, and international way. A big part of that is also expanding my podcast, Mentally Stable, and turning it into a stronger editorial space where I can explore deeper conversations around the sport, mindset, and the realities behind the scenes.

In parallel, I'm currently building a marketing and media agency focused on the equestrian and luxury space, with the ambition to help riders, brands, and events elevate their image and create more impactful storytelling. I'm also very focused on expanding my presence in the United States, while maintaining strong roots in Europe, and creating meaningful collaborations with brands and events that share the same vision.

Ultimately, the goal is to build something long-term, with a strong identity, that goes beyond content and becomes a real reference in the equestrian space.

With a perspective shaped by heritage and a voice that feels entirely modern, Mathilde is quietly redefining what it means to live an equestrian life today. Her journey is not just about where she rides, but how she experiences it and how she invites others into that world.

As she continues to move between continents and communities, one thing remains constant: a deep, enduring connection to the horse and a story that is still unfolding. **HS**

Visit Mathilde's website to learn more:
mathildeetsligo.com.

