

Performance Coaching Workshop 2 – Wednesday 7 March 2012 7.45pm for 8pm

Due to the very enthusiastic feedback from this event last November, we have invited Debbie Percy, Sports Psychologist, back to continue in her quest to turn us all into cool, calm, collected and confident riders. This evening will be as equally beneficial for those who attended in November as for new attendees, as Debbie made meticulous notes of what you wanted her to cover! Kick start your riding season in the right frame of mind.

Do you lack confidence in your riding ability? Do you train well at home and then it all goes to pieces in competition? Then this event is for you.

Sports Psychologist and Performance Coach, Debbie Percy of Jigsaw Equine, has built a reputation for her experience in helping horse riders at *every level* who want to overcome fears, conquer nerves, or simply ride with more confidence.

- How to train smarter, NOT harder -
- Top tips for being in the right mental state-
- How to repeat your best training performance in competition -
- How to get the most from your riding lessons!
- Find out how you learn best
- Find out how instructors should talk to you!

For more information please visit :- www.jigsawequine.com

Performance Coaching Workshop – Wednesday 7 March 2012 at 7.45pm for an 8.00pm start at The Sacred Heart Catholic Church, 25 Between Streets, Cobham, Surrey , KT11 1AA (opposite Waitrose. Car park is behind the church in Downside Bridge Road). Same venue as November, except that we will be a smaller meeting room as the hall was too large for comfort!

Tickets cost £12 for members of Bookham Riding Club and £15 for non-members, to include light refreshments, and are available in advance only. Tickets are limited - priority booking for members of Bookham Riding Club until Weds 29 February, after which it will be open to non-members if spaces still available. I regret that tickets are not refundable once purchased as this is a non-profit making event. Any queries please call me on 07821 397 603.

To book a place, please send with a cheque, made payable to "**Bookham Riding Club**", together with a **completed booking form** which is attached, and post to :-

Marion Kuit, 12 Park Avenue West, Stoneleigh, Epsom, Surrey, KT17 2NT