



BRITISH
EVENTING

Saturday 1st March from 1 – 3pm

At Brinsbury equine campus
Pulborough, W.Sussex, RH20 1DL



Jo Davies
Sport & Exercise
Psychology

Sport Psychology Workshop

with Jo Davies BSc MSc MBPsS

“Losing your cool....or staying cool?”

Different situations can create anxieties or pressure for riders, from stepping up a level or riding at a qualifying event, to competing for an owner or a team. This session is ideal for riders who want to control their nerves and improve performance consistency.

- ✓ A 2-hour unmounted group workshop for riders of all levels
- ✓ Develop self-awareness around *your* ideal performance state
- ✓ Learn how the brain operates in pressure situations
- ✓ Learn strategies that will help you to **combat nerves, take control of your emotions**, and **build confidence** when riding / performing

Come and learn about sport psychology principles via theory, discussion, and practical activities, and ask questions in a supportive environment

Comments from our November '13 workshop: “Loads of great tips”, “Made me consider things I hadn't thought about”, “I have lots to take home”, “easy to implement and practical plans”

Prices: BE members @ £20, non-BE members @ £22.00

Book online by 25th February at
www.britisheventing.com/training/courses/1545/details

*Happy to hear from
you...*

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