

Calling all Equestrians!

Could sport psychology help your riding performance this year?

JDPsychology is looking for a competitive rider to sponsor in 2014!



About us

www.jdpsychology.co.uk

JDPsychology is a sport psychology consultancy run by Jo Davies BSc (Hons) MSc MBPsS. Jo specialises in helping riders to achieve their goals by linking what goes on from the neck up (e.g., confidence, focus, emotional control, motivation) to sporting performance, consistency, and enjoyment. Areas where sport psychology can help include:

- ✓ overcoming riding nerves/doubts
- ✓ improving focus (e.g., in training, warming-up, in the ring)
- ✓ building confidence/self-belief (e.g., stepping up a level)
- ✓ performing under pressure (e.g., from owners, support teams, yourself)
- ✓ dealing with highs and lows (e.g., results, falls, injury)

About you

You should currently be competing in British Eventing, British Showjumping, or British Dressage events at any level (amateur or pro). If you think that sport psychology could help you in 2014, we would love to hear from you!

The sponsorship package

- ✓ Six individual 60-minute sport psychology sessions across 2014
- ✓ Personalised JDPsychology saddle pad and polo shirt

How to enter

Please fill out the online entry form by 12:00 midnight on Wednesday 7th May 2014.

<https://www.surveymonkey.com/s/YDVPWXZ>

The sponsored rider will be announced on Sunday 11th May 2014.

Please direct any questions to jo@jdpsychology.co.uk

Terms and conditions

- The final decision regarding selection of the sponsored party lies with JDPsychology.
- Content of the sport psychology sessions will be kept entirely confidential by JDPsychology.
- The sport psychology sessions will be arranged at/on mutually convenient locations/dates for JDPsychology and the sponsored party across 2014. In the event that travel distance is an issue, sessions can be arranged via skype.

Web: www.jdpsychology.co.uk

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