

# RIDING Out of your MIND

## Clinics and Groups

*Train your mind, your horse will thank you.*

Ready to take your ride to the next level?

*The following are available topics, but may be modified to suit your organization or stable. Please contact me at [april@ridingoutofyourmind.com](mailto:april@ridingoutofyourmind.com)!*



### Half Day Clinics (3 hours)

#### **Becoming a Thinking Rider**

Are you getting desired results from what should be your most effective riding aid - your brain? In this session you will learn targeted visualization, how to avoid performance-disrupting mental traps, communicate more effectively with your horse, and manage your self-talk and emotional state. Your training will take on a new, interesting dimension that will become part of your daily routine.

#### **Developing a High Performance Mind**

Are you ready to expand your comfort zone? Take your ride, your performance to a new height? Becoming tougher under pressure and challenging your current skill level are both very learnable skills. In this session you will learn how to stay focused and calm in the clutch, recovery strategies to rebound quickly from errors, develop a pre-show routine, winning concentration techniques and how to perform in and out of "the zone".

Anywhere a plane, train or automobile can take me can be a potential clinic location. Any barn, in any part of the world, can host a Riding Out of Your Mind Clinic. If you are interested in hosting, please contact me for more information.

## Riding Through Fear:

Are you a rider who loves to ride but is overcome by fear when in the saddle? Do you struggle with your love for horses and your fear of getting hurt? Has all the fun and joy gone out of your ride? In this session you will learn about the nature of fear, how to tame it and get back to your enjoying your horse. Don't let fear rule your ride, get back in the driver's seat today.

### Small Groups (1.5 hours)

- **Horseless training 101:** Learn how visualization can improve your training and boost confidence
- **Mental Makeovers:** Could your inner voice use some better direction? Learn how to manage your self-talk for better riding results
- **Riding Under Pressure:** Nerves getting the best of you? Learn how to get the most from your performance and shine in the ring.
- **The Confidence Factor:** Learn how to up your belief factor and ride with confidence
- **Mental Toughness:** Develop resiliency and a bounce-back, can-do attitude

#### Why consider a mini session?

- A great introduction to mental training
- Affordable!
- Motivate your riders with new information
- Combine with a social evening at your barn (potluck and learn). Two benefits in one!
- Smarter riders=happier horses!

**Design your own:** Is there something in particular your riders are in need of you would like to see discussed? Just ask... contact me at [april@ridingoutofyourmind.com](mailto:april@ridingoutofyourmind.com)

*Cost is dependent on group size and travel. Please inquire.*

## Riding out of Your Mind Clinics/Group Sessions: Frequently Asked Questions

### **How many riders may attend?**

For a clinic, it is recommended that participants be limited to 10-15 riders to ensure individual attention. Small group sessions are unlimited, as are keynotes and presentations for associations and organizations.



### **Where can group sessions be held?**

Clinics and group sessions can be held at your stable, a home or local meeting room. So easy!

Libbi Peltz DVM Veterinarian and  
Hunter/Jumper Horse Trainer

*April was great to work with in a clinic for Riders at our Hunter/Jumper show barn. She gave a clinic on Sports Psychology. It was very informative, thought provoking and productive. As a trainer and instructor, her clinic gave me great tools to help my students at shows as well as in lessons. As a competitor, I added to my "toolbox" to help myself stay more focused. She is great to work with!*

### **Is there a minimum age suggested?**

Most often a minimum age of 12 is suggested, but please inquire. Younger riders can be grouped together separate from adults to ensure appropriate learning styles are incorporated.

### **Do you need any special equipment?**

For small groups and clinics, no equipment is required. For larger groups and presentations a PowerPoint projector is required.

### **Can sessions be mounted?**

Yes, mounted sessions are available and will be designed in collaboration with a coach. Please inquire for more information.