

TheConfidentHorseRider



Confidence Workshop For Riders (Unmounted)

- **9 Essential Strategies for Confidence**
- **Full Length Hypnotherapy Session**
- **Action Plan for Future Success**
- **Free Hypnosis CD**
- **Rider Information Pack**
- **Ongoing Support via CHR Confidence Club**

This is a fun but intensive day packed full of strategies and information to help you re-gain confidence, remove anxieties and start to work towards your riding dreams!

Morning: Understanding why we cannot just 'get rid' of negative thoughts and why it seems impossible to change how we feel and react by willpower alone. How we can make positive changes at a deeper level by using self-hypnosis, performance coaching, visualisation, NLP (Neuro Linguistic Programming) and Hypnotherapy sessions, which are specifically designed for riders to overcome fears and build confidence. Lots of great coaching tips and ideas plus a full length hypnotherapy session designed to help you change how you feel, think and react, therefore enabling you to remain calmer and feel more in control.

Afternoon: We design an easy to follow method of enabling you to utilize your experience of hypnosis earlier in the day and show you how you can adapt this as you build in your confidence. We establish a positive plan for the future. Ongoing support is always available.

Refreshments: We will supply tea/coffee and juice. Please make sure you bring your lunch and any snacks you may need.

Main Workshop: 9.30am – 4pm Information Pack provided.

Options: Private workshops are available for booking. Please contact me.

PLEASE VISIT MY SITE FOR CONFIDENCE CD's, downloads and other services.

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