



Ride Together * Train Together * Compete Together * Have Fun Together

WAYS TO OVERCOME ANXIETY AND 'WHAT IFS' WHEN RIDING YOUR HORSE WITH TRACEY LOVEGROVE

Centre10 ADVANCED COACH

Welcome to a series of four presentations/workshops that will explore and take you on a journey to develop a positive mindset when riding and competing your horse.

Contact [Tracey Lovegrove](#) to find out more and secure your place.

Please pay £15 for each workshop (open to non members at £20 per workshop) to Rearsby Lodge RC – Sort Code 20-63-66
Account No. 50560987

(Ref: Name + TLovegrove) or PayPal (friends & family) using email address info@rearsbylodge.com

If you would like to eat first, please arrive no later than 6.30pm.

Places are limited to 15.



Dates:

Wednesday 19 March 2025.

Workshop 1 will be a generic introduction as to how the brain works in relation to the fight or flight response and gives a good insight into the areas that will be explored in greater detail in the following 3 workshops.

Wednesday 2 April 2025.

Workshop 2 examines how psychology affects our performance.

Wednesday 16 April 2025.

Workshop 3 examines thriving in competition.

Wednesday 30 April 2025 at

7pm. Workshop 4 examines mental well-being, resilience and confidence.

All workshops start promptly at 7pm at The Blue Bell Inn, Hoby, LE14 3DT.