

Become a Confident Rider and Person



Workshop with Larry Bensusan

*Qualified, Master NLP Practitioner, Thought Field Therapist DX,
Eriksonian Hypnotherapist and Shiatsu Practitioner for People and Horses*

You will be given the tools to discover your true potential and change your behaviour through the power of the unconscious mind.

Why this Workshop?

It is surprisingly common to find people who have ridden for years to suddenly start having a lack of confidence for whatever reason. Maybe they had an accident and are now nervous about something similar happening, or they started riding late in life and are worried about all they need to know. Maybe after a long break from horses their confidence is not what it was. These are just some of the problems we encounter besides the feelings of anxiety, fear, tension or panic when riding or handling a horse. This workshop will assist you to change your behaviour through the power of the unconscious mind using Neuro Linguistic Programming and Hypnotherapy. Over the 2 days you will take a quantum leap forward in relation to your personal development and the relationship with your horse.

“Neuro Linguistic Programming is the most powerful tool for change that exists today.” — Psychology Today

Who Must Attend this Workshop?

You know that you are capable of much more than you are currently exhibiting in life. You may not become the next Carl Hester, John Whittaker or Mary King but you want to be able to enjoy the delights of hacking out, popping over a fallen log, or competing your horse at the local show with confidence.

You will learn

- You will learn ways of becoming a confident person, reaching your goals and changing the way you think.
- Discover how your horse thinks and how your own Emotions and Actions affects your horse
- Release Negative Emotions
- Break through the Limitations of the Past
- Take Charge of your Destiny
- Accelerate your Success and Gain Propulsion toward your Dreams
- Learn how nutrition can affect your confidence

This is a 1 day workshop that will give you the tools on how to change your life and rebuild your self-confidence.

Booking & Fees:

Please contact Gina Tidy for the dates and fees for this workshop
Call Gina 07736351364 or Email: events@larry-bensusan.co.uk to pay via Paypal

<http://www.larry-bensusan.co.uk>