

Ride to Win

You will be given the tools to improve your performance and banish limiting thought patterns and behaviour.



Workshop with Larry Bensusan

Why this Workshop?

Many riders who compete their horses in various disciplines can find, as they move up a level, that they are being out performed. Even though they may feel as good as the opposition they just can't find that winning formula. Some riders can feel that they are being held back by physical fear and/or negative thoughts every time they compete. By using Neuro Linguistic Programming (NLP) and self-hypnosis you will overcome past failures, reduce stress, learn how to focus on your performance and learn the art of winning.

"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 a competent rider but somehow you are just not achieving what you feel are your full capabilities. You may be over-come with fear, self-doubt, suffer from a lack of concentration or you may find it difficult to perform in front of an audience and want to have a clearer, more focused mind.

You will learn

- How to relax and breath
- How to develop positive talk and be in the right mind state for competition
- How to change your negative beliefs, challenge your perception of failure and break through the limitations of the past
- Learn visualization and mental rehearsal and self-Hypnosis
- How to deal with setback and difficulties
- Learn how nutrition can affect your performance
- How to be mentally prepared to be ahead of the game
- The power of goal setting and preparation

A famous Olympian Valeriy Borzov said that "For success, first performers must have talent, then they must work and third they must have control of their minds"

This is a 1 day workshop that will give you the tools to ride to win at whatever level you are competing from local shows to international events.

Venue: The first workshop is to be confirmed but should be in:

Lower Layham, nr Hadleigh Suffolk, date to be confirmed in June.

Booking & Fees: Price £75.00

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.larrybensusan.co.uk>