

NICOLE STEWART

UNDERSTANDING THE INNER GAME

16TH AUGUST 11AM - 1PM



Nicole Stewart is an Equestrian Performance Coach, most recently supporting Paralympic gold medalist Joann Formosa, who represented Australia at the London 2012 Games. Nicole is also the founder and director of **Think Forward Coaching**.

Nicole has come to know that the most valuable asset a rider has is between their ears and in their chest – their mind and heart. Her passion is in working with riders to help them believe this for themselves.

www.thinkforwardcoaching.com.au

This is a prelude to Nicole Stewart's upcoming clinic ***Winning The Inner Game*** on the August 30th 2014

To achieve great results in our riding and lives, we must have not only the physical skills to ride the horse to the standard we desire, but we must also have the foundations of a strong mindset.

In *Understanding The Inner Game* you will learn why your mindset is so important, and not just that, but you'll begin to learn the secrets known by only the top percentage of international competitive riders, which allow them to cultivate:

- Rock solid belief in themselves and their ability
- Laser sharp focus
- Endless energy and motivation
- Plus much more...

This is an unmounted theory clinic. Participants are encouraged to bring writing material to take notes.

HOSTED BY

GUNNAMATTA TRAIL RIDES

\$35 per person

Bookings essential

If you attend this prelude clinic you will receive a **\$25 discount** on Nicole's upcoming day clinic *Winning The Inner Game* (August 30th).

2 HOUR CLINIC - 30TH AUGUST 11AM - 1PM

BOOKINGS ESSENTIAL

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