

NICOLE STEWART

WINNING THE INNER GAME

30TH AUGUST 9.30AM - 4.30PM



If you want to take things to the next level in your riding, if you're starting out and are wanting to 'do it properly' and lay a solid foundation, or if you simply want a sense of achievement and growth within your riding and life, then it's not good enough to just understand your inner game and mindset, you have to Play to Win.

In Winning the Inner Game you'll spend a full day with Nicole learning the tools and techniques that she uses with International Equestrian Athletes to help them perform at their best. You'll learn:

- How to turn any negative thought around into a positive and supportive one
- How to turn any situation into a learning opportunity
- How to truly create the results you want in ANY area of your life - riding, relationships, business, finances etc etc...
- How to reduce stress in your day to day life and stop beating yourself up!

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

HOSTED BY

GUNNAMATTA TRAIL RIDES

\$120 per person

Bookings essential and a \$50 deposit is required.

Tea, coffee and lunch included.

If you attend the prelude clinic *Understanding The Inner Game* you will receive a **\$25 discount** on the *Winning The Inner Game* clinic.



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

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BOOKINGS ESSENTIAL

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